

**Charlie's HIV Scandal
WAS HE BLACKMAILED BY LILO?**

NEW WEEKLY!

**Nicole's baby
announcement**

**'YES,
IT'S
TWINS!'**
Due in May!

**'WE THOUGHT
IT WOULD
NEVER HAPPEN'**



**HOW SNEZ
LOST 5KG
in 4 weeks!**

**...ON SAM'S DIET
PLAN - AND YOU
GET TO EAT CARBS!!**



HOT SHOTS



HYLAND FLING

Rudolph may have a red nose but Santa was left red-faced when *Modern Family* star Sarah Hyland steamed up the ruby rug at At The Grove Christmas event with Seth MacFarlane in LA, by giving him a big ol' smooch.



BIG TAYLOR IN LITTLE CHINA

Fans at Taylor Swift's Shanghai gig sure have a strange way of welcoming the star and her DJ beau Calvin Harris. They clearly think the pair are a big deal!





GOOFING AROUND

It appears the Disney experience really is the happiest place on earth. Taping Disney Parks *Unforgettable Christmas Celebration* in Magic Kingdom park at Walt Disney World Resort, Florida, Ariana Grande cuddles up to Minnie Mouse and Seal shows his big flippers to Goofy.



BLONDE AMBITION

Bindi Irwin's turning heads on *Dancing With The Stars*, this time sporting a platinum blonde wig in the LA studio. Still, dance partner Derek Hough isn't so sure about her constant urge to wrestle him like a croc...



★ HOT SHOTS ★







'Kimmie has a Birkin and I get this?!'

Shedding and a wedding!

Bikini season is well and truly upon us, but for once that doesn't mean we need to ditch the bread! Just check out Snezana's sizzling bod!

The Perth beauty lost five kilos in four weeks on her boyfriend Sam's 28-day carb-tastic meal plan – which we've got for you on page 78.

Talking of hot, is there a more smokin' couple on this earth than Joe Manganiello and Sofia Vergara? They tied the knot over the weekend in a beautiful wedding. MAJOR #relationshipgoals. Turn to page 16 for all the deets on their special day.

So, pour yourself a cold drink and enjoy the issue!

Hilary

Hilary Bloomfield
DEPUTY EDITOR



Curls gone wild!

Little fashionista North West switches up her look during a play date with her equally adorbs cuz Penelope Disick! Ditching her trademark bun for a more au naturel 'do, two-year-old Nori let her ringlets fly free in Calabasas last week. Accessorising with a satin handbag, she looked every bit the girl about town as she hit up a book-signing session for Auntie Khloe's tome *Strong Looks Better Naked*. And just when we thought these besties couldn't get any sweeter, Nori's mum Kim Kardashian posted a heart-melting snap of the girls sharing a tender before-bedtime moment. Well, there go our ovaries!

This week's

OMG
moment

'Is that a sale on at Gucci?'



Nori and P see what the fuss is about

khloekardashian I can't stop smiling when I look at this photo! I love my little ladies!! They were so excited and kept screaming "KoKo!" "KoKo!" North calls me "KoKo Loco"



Bedtime hangs in Hermès

Inside NW this week

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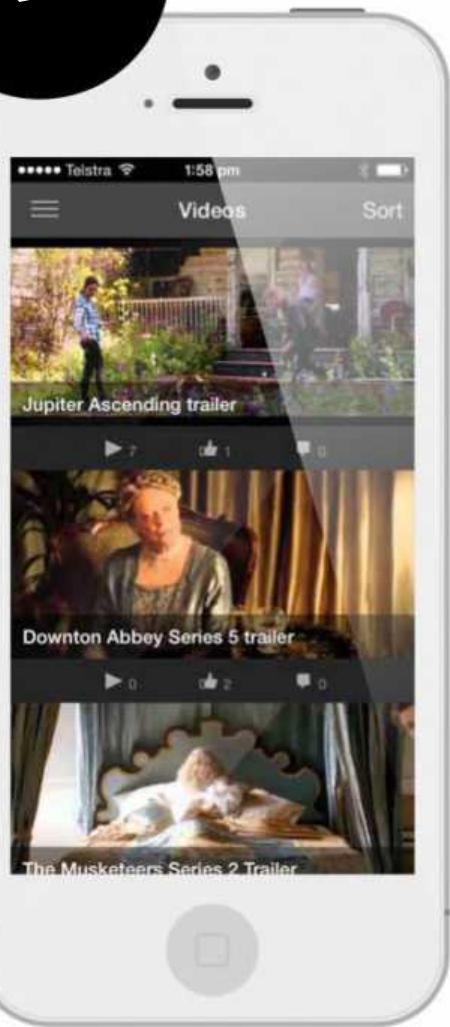
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Stressed-out Kim ‘NOMORE’

The miserable reality star tells Kanye she's done with pregnancy!

She's famous for putting on a tough veneer, but Kim Kardashian isn't even trying to hide her feelings about pregnancy!

"I hate it," she admitted recently. "Pregnancy is not for me. It's awful."

In fact, the eight-months-along star is so over it she's told hubby Kanye West this will be her last pregnancy ever. Yikes!

"I said I am done," the star, 35, declared in a recent interview. "Don't ever make me go through that again!"

While Kimmy struggled during her pregnancy with daughter North, now two, this time around the reality star's had a much tougher time – both physically and emotionally!

"Her final trimester has been so uncomfortable, it's taken a major toll on her body and made her vow never to go through this hell again," spills an insider.

"Now she's putting her foot down and saying surrogacy or adoption will be the only way they'll add to their brood down the line."

And it's no wonder Kim isn't glowing. As well as swollen hands and feet, plus severe

'PREGNANCY IS NOT FOR ME. IT'S AWFUL'

BUT NORI CAN'T WAIT!

Kim's nerves might be shattered, but daughter North can't wait to be a big sister! "We talk about baby brother all the time," says Kim. "She's so sweet and yesterday she said, 'Mommy, can I give baby brother a kiss on your tummy?' and she kissed my stomach." Too cute!



Nori gets in some last-minute practise with her cousin

Delivery-room drama!

"My doctor had to stick his entire arm in me and detach the placenta with his hand, scraping it away from my uterus with his fingernails," Kim horrifically revealed following North's birth – so it's hardly surprising she's terrified of what might happen in the delivery room this time around.

And, considering Kimmy could be due to give birth to her son as early as this week, the mum-to-be is growing more anxious by the minute!



Kim's on high alert



a tells Kanye **BABIES!**

attacks of heartburn – “It’s the worst,” she says – the image-conscious reality queen has been struggling with body-image issues.

“I feel insecure and most of the time I just feel gross,” she wrote on her app. “Pregnancy is the worst experience of my life!”

But the thing Kimmy’s most stressed about is the actual birth of her son, telling pals she’s terrified something is going to go wrong.

“You know, I have a high-risk delivery and all of that gives me such anxiety,” reveals Kim, who had serious complications including pre-eclampsia – which is characterised by dangerously high blood pressure – during her last pregnancy.

She’s since been warned by doctors that because of her previous placenta accreta – which affects fluid retention during delivery – she may even have to have an emergency hysterectomy!

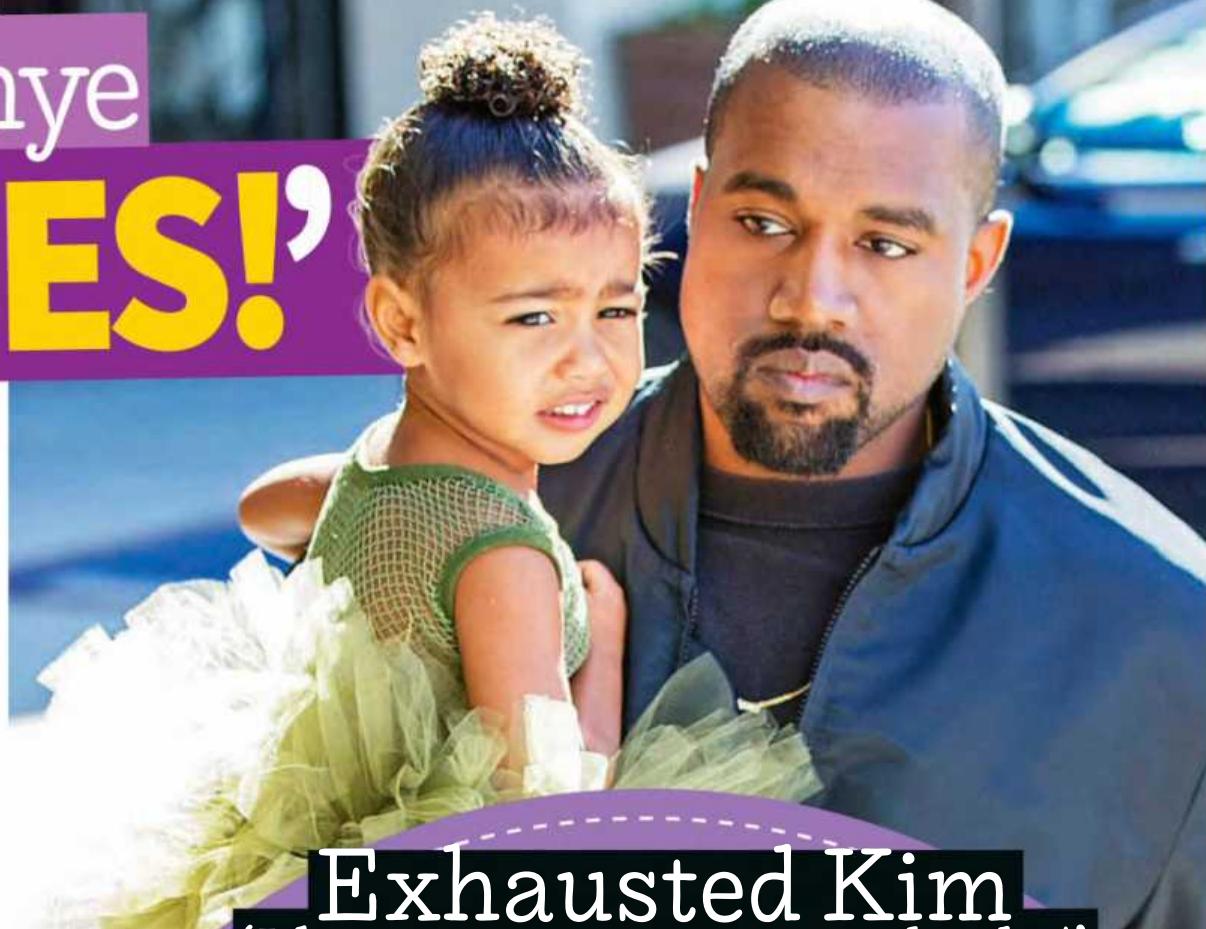
However, Kanye will be thrilled to hear that no more pregnancies doesn’t mean no more kids! As NW has previously reported, she’s made sure she’s put a back-up surrogacy plan in place!

“A few years ago I was told I could never get pregnant,” Kim says. “Three different doctors told me the same thing, which is why I wanted to have my eggs frozen,” explains the star.

Only-child Kanye, meanwhile, is keen to keep growing his young clan.

“He’d like them to keep making babies until they have at least six,” says a source.

Good luck with that! ■



Exhausted Kim ‘I hate my pregnancy body!’



Swollen feet



As well as stressing about losing the 24kg she’s already gained – “I got my work cut out for me,” she tweeted early this month – the blooming mum-to-be is struggling with a whole range of ailments, including extreme water retention in her hands and feet!

“Ugh these fat hands, my ring doesn’t even fit,” she raged to her BFF Jonathan Cheban.

Kim, who’s described pregnancy as a “mindf**k”, is also over her swollen tootsies.

“I have flip flops on and they almost don’t fit me,” she wailed.

Hold on tight, girl – you’re almost there!

Dreary date night

Kim looked glum at Nobu in Malibu earlier this month.





Not a day goes by when he doesn't get high

PARANOID BIEBER'S WEED MELTDOWN

The star's love of the green stuff is driving him crazy!

For one brief moment, it looked like Justin Bieber was putting his bad-boy ways behind him, but his behaviour has been wilder than ever. And sources say his mood swings could be down to his weed habit!

Not only did the singer flee the stage at his concert in Oslo, Norway on October 29, but just days later he also angrily flipped over a chair in a restaurant in Cannes, France. It's erratic temper tantrums like these that have his inner circle worried.

In fact, friends reckon Biebs's love of the green stuff is taking over his life – and messing with his mind in the process!

"He's baked all the time and can't make a decision about the most basic of things," an insider tells *NW*. "He'll walk into a room and forget what he's doing, or open the fridge and stare at it for ages before remembering what he wanted."

The pop brat's green habit has also made him more maudlin, and his paranoia is off the charts.

"He can smoke a quarter of an ounce [seven grams] to himself in a day," says our insider. "It's way too much and it's affecting him."

And Justin, 21, isn't trying to hide his love of wacky tobacco!

Busted in New Zealand!



HOLY SMOKE!

"Justin has been smoking weed for years," says our insider. "It's something his management team has tried to put a stop to." Clearly they aren't trying hard enough – the pop star was openly toking on a joint during his Auckland gig in October!

In October, he was seen holding a joint on stage during a performance in New Zealand, and in a new interview he fesses up to his herb habit.

"If it's something I do then it's something I do, but it's not who I am and what

I want to put on blast for the world to see," he told *i-D* mag.

Adding to his woes, Justin is also struggling to deal with the death of his pal and music executive Thomas Ayad, who was killed in the Paris terror attacks.

"Still thinking of my friend Thomas," the singer tweeted last week. "Make sure to appreciate people when you have them. Thanks Thomas for everything you did for me."

What's more, he also admitted in another recent interview that because of his bad life choices, his relationship with his mum Pattie Mallette is now "pretty non-existing".

"I was distant [with her] because I was ashamed," he revealed to *Billboard* magazine. "I never wanted my mum to be disappointed in me and I knew she was."

And so it seems lashing out has become Justin's emotional default these days.

"He has the shortest fuse and everyone on his team blames it on his weed addiction," says our insider. "He's fired a bunch of people on his team for being snitches, for no other reason than a gut feeling. The only problem is, his feelings are all over the place because of all the weed he smokes."

Let's hope this is just a haze phase for the star! ■

Bieber breaks down

It's been a rough few months for Justin. Not only was he left deeply affected after his mate Thomas Ayad was killed in Paris, he's without an anchor given he rarely sees his mum. Attributing his bad behaviour to their estrangement, Justin admits, "We spent some time not talking. It takes time to rebuild that trust." Let's hope they make amends soon!



With Pattie living in Hawaii now, distance is also an issue



Out of control

"One minute he's fine then something will set him off," says our insider.



Upset on stage, Justin later tweeted about his pain after the Paris attacks

Still thinking about Paris and my friend Thomas that we lost in the tragedy. He was a part of the team for years and I wish I would've had more time to thank him. Make sure to appreciate people while you have them. Thanks Thomas for everything you did for me. You are appreciated and missed. Thoughts and prayers are with your family & friends #PrayForParis



Hugging it out

The pair get cosy at Justin's November 13 LA show.

Into Biebs's music or each other?

HAILEY & JADEN COSY UP

DID BIEBS PLAY CUPID?

He's meant to be dating model Sarah Snyder, but that didn't stop Jaden Smith flirting up a storm with fellow catwalk queen Hailey Baldwin during Justin's album launch at the Staples Center in LA.

There's definitely something about Jaden — who also sang a tune with Biebs during the night — as 19-year-old Hails looked smitten!

"She was totally sucked in by him,"

notes an onlooker. "She kept nuzzling her face into his neck and resting her head on his shoulders. They looked like a bona fide couple!"

It looks as if Jaden is taking a leaf out of lady-lovin' Justin's playbook — just weeks earlier, the 17-year-old was seen snuggling up with Sarah, 20, front row at New York Fashion Week.

It seems Jaden has some explaining to do!





Joel's
handy
hint

Nicole & Joel

'YES, WE'RE PREGNANT

...and it's twins!



How much
have Harlow
and Sparrow
grown?!



Tumthing
to tell us?

Nicole might be keeping mum on baby rumours, but she did nothing to silence the whispers when she stepped out in Sherman Oaks on November 15 rocking a baggy jumper and the hint of a bump!

Motherhood clearly suits Nic, who was joined on the shopping trip with her adorable kids Harlow and Sparrow, as well as a nanny.

And with the kids all grown, Nicole's finally got her hands free to look after a third!

"I really like that they're doing their own thing," she says. "They're at school until three. I don't have to, like, look after them – or even think about them! It's like every other day."

**Mum's
the word!**
Nic looks swell as
she hits Sherman
Oaks with
the kids!



The pair are back on track amid reports they're all bubbled up!

They've weathered their share of ups and downs over the years, but Nicole Richie and Joel Madden's marriage is back on track and stronger than ever.

And it's no wonder, given reports they're pregnant and expecting an arrival in May!

Even though the high-profile pair are yet to make an official announcement, 34-year-old Nicole stepped out in LA looking noticeably rounder in the tum earlier this month.

"She's been bulking up and getting her body primed for carrying a baby – and after just a few months of trying, all the signs are there that she's up the duff!" spills our insider.

What's more, the couple could have double the happiness, with friends revealing that spiritual Nic sought out the advice of a psychic – who foresaw two new bubs for the fashionista!

"After feeling her pregnancy pangs, Nic thought it'd be a bit of fun to find out more," says our insider. "She was taken aback when the psychic predicted twins after looking into her proverbial crystal ball!"

But that'll hardly surprise the couple, given Joel's also a twin, – to Benji!

What's more, earlier this year Nicole hinted she and Joel were open to having another bub.

"Of course, I'll be so excited... I'd be so happy," Nic said of expanding her brood.

Joel also seems to have babies on the brain, posting a snap of a cartoon sperm on Instagram in early 2015 – possibly around the time they started trying!

But it wasn't long ago the couple were reportedly on the verge of splitting due to 36-year-old Joel's wandering eye.

Thankfully, though, the pair – who've been together for nine years – have put the drama behind them for the sake of their kids, daughter Harlow, seven, and son Sparrow, six.

"They are coming up to their fifth wedding anniversary on December 11," reveals our insider. "Nic and Joel have worked hard on their marriage. They've really reconnected and are more than ready to welcome another baby... or two!" ■



The star is said to be over the moon about her good news!

Watch this space

Jess bumps up baby buzz!

Totes pregs?



Coy Jess hits up a maternity-wear store on November 15

Despite doing all she could to cover her tum as she enjoyed some retail therapy in Beverly Hills on November 15, Jessica Alba may have let the cat out of the bag!

Yep, the 34-year-old happened to pop into A Pea In The Pod – a store specialising in luxe maternity clothes!

Unsurprisingly, that sent the rumour mill into overdrive with talk that she's expecting another bub with hubby Cash Warren, 36.

After all, Jess – who's already a mum to Honor, seven, and Haven, four – said back in 2012 that she'd love to be a mum again "down the road".

"She definitely wants another baby before it becomes too difficult, age-wise," says our insider. "She could very well be pregnant now."



Looks like she's got someone along for the ride...

You could cut the tension with a knife as they arrived at Sydney's Rose Bay on November 17



'Kylie thinks Kendall acts like she's better than everyone else,' says our insider

Kylie and Kendall: Bust-up Down Under

Things turn ugly during their visit to Oz!

Tensions have been brewing between Kendall and Kylie Jenner for months, but things finally reached boiling point when they hit our shores last week.

Just hours after landing, we hear the sparring sisters nearly came to blows aboard a luxury yacht en route to a lunch to promote their Forever New collection in Sydney.

"They had a huge screaming match," an insider tells NW. "They were out on a yacht doing some photos and they started arguing."

Yep, we hear what started out as a sisterly bicker quickly got out of hand with Kylie, 20,

Two-faced

In public, the pair turn on the smiles, but in private the claws are out!





Kenny feels doing shopping centre appearances are 'beneath her' these days

Kendall's own Under

Calling it quits

and Kylie, 18, screaming blue murder.

"Their slanging match could be heard by everyone on the boat," says our insider. "Finally, one of their assistants managed to calm things down, but you could see they were both still furious when they stepped off the boat."

So what has the reality stars at each other's throats? Insiders say it's a case of good old-fashioned sibling rivalry.

"Kylie's jealous of Kendall's modelling success," says our insider. "She feels cast aside now that Kendall has these model friends and it hurts."

But Kenny – who admits she and her sister "argue with each other and say horrible things" – has her own beef with Kylie.

"She doesn't have her priorities straight," blasts Kendall of her sis – who she thinks spends too much time with her rapper

boyfriend Tyga, 26 – in an upcoming episode of *Keeping Up With The Kardashians*.

And despite plastering on huge smiles, tensions were still running high later that day for their big appearance at Westfield Parramatta. What's more, while their camp blamed a 45-minute delay on a hater throwing eggs, we hear the real hold-up was Kendall, who tried to back out at the last minute.

"She was mortified to come off the Victoria's Secret runway and go straight to a shopping mall," says our insider. "She has no interest in doing any more of these family branding deals."

And while this trip was meant to bring the sibs back together, they've never felt further apart.

"Growing up, Kylie and I were the terrible twosome," Kenny says. "For years we were really stuck as a duo and now we've truly become our own people." ■



Kylie's bizarre MUPPET FACE

Kylie's swollen face during her time in Oz had people wondering what the puff was going on! But Dr Bruce Katz, founder of New York's Juva Skin & Laser Center, reckons he has the answer. "I think she has had more volume added to her cheekbones," says the doc. "She probably had Voluma or Sculptra as a filler."



Sisters at war!

Things are heating up between the feuding fashionistas! After Kylie refused to lend Kenny a dress ahead of their dad Caitlyn Jenner's ESPY Awards show, things got real nasty when Kendall called her sis a "f***king bitch" before unleashing the C-bomb. Yikes!



Kendall: I'm sorry your mom is such a c***.



INSIDE
Sofia & Joe's

Perfect wedding

Hotness overload

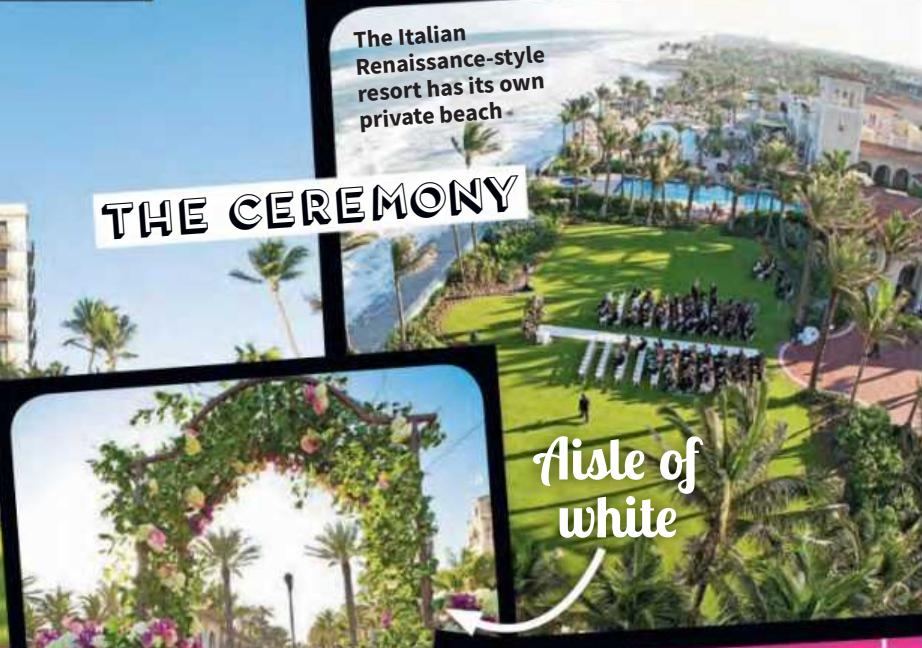
The gorgeous pair
enjoy their dream
day and night.



The beachside venue

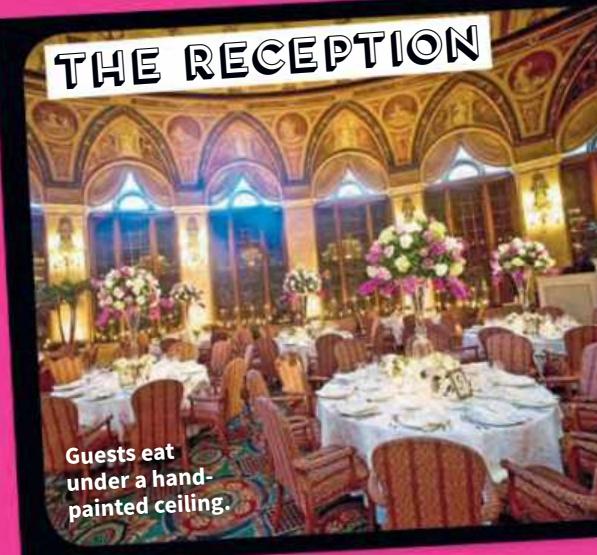


The pair had adjacent suites at the luxurious resort – Sofia chose the Imperial Suite, Joe in the Royal Poinciana Suite



The Italian Renaissance-style resort has its own private beach

THE CEREMONY

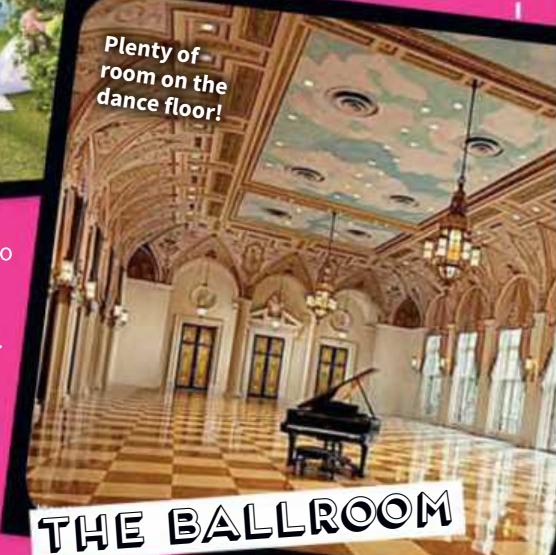


THE RECEPTION

Guests eat under a hand-painted ceiling.



Sofia and Joe spared no expense on their big day, splashing out \$400,000 on the venue. "That included prop rentals, an officiant, photography and video, room décor and transport, at \$1100 per guest," spills our insider.



THE BALLROOM

The happy couple tie the knot in a star-studded fiesta!

She's one of Hollywood's fiercest stars, so Sofia Vergara's wedding to Joe Manganiello was never going to be a low-key affair.

And the Latina stunner's nuptials didn't disappoint, with reports the couple splashed close to \$4 million – \$1 million just on flowers – on their lavish four-day festivities last weekend!

Held at The Breakers Palm Beach resort in Florida, the genetically blessed bride and groom said "I do" in a sunset ceremony on November 22, in front of 400 guests.

The guest list included Sofia's family from Colombia and Miami, Joe's folks Susan and Charles and a throng of their closest celeb pals like Channing Tatum and Jennifer Lopez!

With 10 make-up artists and eight hairdressers on hand, self-confessed bridezilla Sofia left no stone unturned in her bid to make the day perfect. She even had her own

custom CoverGirl lipstick, in a deep merlot, created for the occasion.

"I know that it'll look great after the kiss, eating the cake and dancing all night long!" she's gushed.

'SHE LOOKED STUNNING AND SEXY'

Looking picture-perfect in a floor-length Zuhair Murad gown, the 43-year-old beauty glided down the aisle to her handsome hubby-to-be just after 6pm, on the arm of her son Manolo Gonzalez, 23.

"Joe's eyes almost popped out of his head when he first saw her," reveals an onlooker. "She looked stunning and incredibly sexy."

The couple said their own vows, before exchanging gold wedding bands engraved with the date – the perfect accessory for her stunning five-carat \$500,000 halo-set platinum engagement rock!

After a quick change into a gorgeous Mark Zunino outfit, Sofia and Joe – who popped the question on Christmas Day last year after six months of dating – sat down to a sumptuous reception banquet.

Guests dined on a mouth-watering menu of Colombian, Italian and American cuisine, which was handpicked by the blushing bride.

Adding a personal touch, the smouldering 38-year-old spunk even included some old family recipes. Too cute!

Given the vast amount of tucker on offer, we're surprised guests even had room for the extravagant, multi-tiered wedding cake and extensive dessert table, which included a range of chocolate treats for sweet-toothed Sofia. You only live once!

Indeed, when it comes to organising an epic bash, the award-winning star knows what she's doing.

JOE'S EYES ALMOST POPPED OUT OF HIS HEAD'

"To me, it's not all about perfection but all about fun," she told *E! News*.

"Great music, great alcohol and great food. We go until late. There's a party and an afterparty."

And party they did. The couple enjoyed their first dance to a song reportedly sung by Latino singing legend Marc Anthony.

And the star-studded line-up didn't end there, with Thalia and Gloria

Estefan busting out tunes for the effervescent guests who partied into the wee small hours and beyond!

We bet there were more than a few hangovers the next day! But sadly for Sofia and her *Modern Family* co-stars,

they couldn't kick on for too long – filming had to resume on their LA sets.

Needless to say, guests – who were asked to donate to charity rather than bring gifts – couldn't stop raving about the new Mr and Mrs Manganiello.

"You couldn't find a happier couple," says one guest. "And for Sofia's family to finally see her marry her Mr Right, there were tears all round." Here's to a long and happy marriage, guys! ■



The gown

Sofia's go-to designer Zuhair Murad created her custom-made, fairytale couture gown. Designer Mark Zunino also pitched in with some of the other eight outfits for the weekend, including a shorter, more comfortable version of her dress for partying into the night.

The VIP guest list

The A-List affair included a range of famous faces, with invitees such as Channing Tatum and wife Jenna Dewing, J.Lo and Casper Smart, Sofia's *Modern Family* co-stars Julie Bowen, Sarah Hyland, Ariel Winter, Ty Burrell, Ed O'Neill and Eric Stonestreet, plus movie producer Harvey Weinstein.



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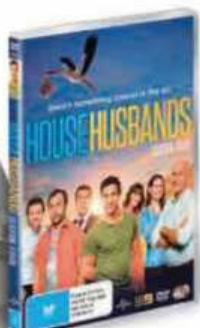


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CHARLIE'S HUSH



LINDSAY'S NIGHTMARE

Charlie not only helped Linds try to revive her career in the 2013 flick *Scary Movie 5*, it seems he aided her with her money woes, too. But did the actor have a hidden agenda all along?

When Charlie Sheen snuggled up to Lindsay Lohan at the 2013 premiere of *Scary Movie 5* in LA, nobody had any idea that the hard-partying actor had already spent two years with HIV.

Not only that, but Charlie was also said to have been in the throes of a fling with 29-year-old Linds, his co-star in the film.

And now shocking rumours have surfaced about whether Lindsay discovered his secret

and was paid to stay silent! The unfounded suspicions are being pinned on a mysterious \$140,000 cash gift from the actor around the time of their brief affair, reportedly to pay off a hefty tax bill.

The 50-year-old father-of-five told *Entertainment Tonight* he decided to "pay it forward" and help out his "friend".

"She got shorted and I found out, so I said, 'Here,'" insisted Charlie at the time.

In a bid to explain the seemingly out-of-the-blue donation, the actor's publicist Larry Solters said, "Charlie

has a long history of helping out his friends in many ways and this is just another example of that."

Coming clean

Whether LiLo was guarding his secret or not, the truth about his condition finally came out last week when he was forced to reveal his diagnosis.

"[HIV] is a hard three letters to absorb," he explained in a frank TV interview with *US Today Show* host Matt Lauer. "It's a turning point in one's life."

A sombre-looking Charlie went on to explain how he was given the devastating diagnosis after suffering from debilitating cluster headaches, which he mistook for a brain tumour.

He also lifted the lid on his reasons for going public, slamming "traitors" in his friendship group, who he claims extorted millions of

dollars to keep his HIV secret hidden.

"I trusted them and they were deep in my inner circle, and I thought they could be helpful," he said. "Instead, my trust turned to their treason."

The struggle

While he put on a brave face for the TV chat, we hear that behind the scenes the diagnosis has plunged him into a dark place.

"He doesn't like to leave his house – he's like a recluse," says an adult-film director who knows many porn stars who've been guests at Charlie's LA pad.

"Charlie's been smoking crack since at least 2010," he adds. "He's skinny, pale, he doesn't get out in the sun – he looks unhealthy. He has bandages on him, he's bleeding and he has bandaids all falling off."

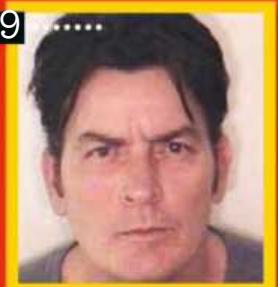
So what's the actor doing in the prison of his home, apart from drugs?

Timeline of tragedy

How things went from bad to worse...

December 2009

The actor spends Christmas Day in jail after his then-wife Brooke Mueller calls police claiming he grabbed her by the throat and violently pushed her while on vacation in Colorado.



November 2010

Just months before his diagnosis, Brooke files for divorce after Charlie trashes a New York hotel room in a rage and assaults porn star Capri Anderson. He's said to have spent \$500k on prostitutes and drugs in the previous six months.



January 2011

Charlie goes on a bender in LA with porn stars including Natalie Kenly, Bree Olsen and Kacey Jordan – who says, "I've never seen someone so self-destructive... I thought maybe it was almost like a suicide binge." Later that month, he's hospitalised with "severe abdominal pains". He heads to rehab briefly, then 'goddesses' Bree and Natalie move in with him, but leave in April and June respectively.

\$140K MONEY' TO LILO

"I know the things he likes to do are watch his own movies over and over or watch porn," continues the director.

Shady past

The self-confessed Lothario has openly admitted to injecting drugs and sleeping with more than 5000 women. But after Charlie learnt of his illness, we're told things got even seedier.

Since 2011, the former *Two And A Half Men* star has forked out \$2.3 million on porn stars, according to RadarOnline, who he pays to hang out and be his pals.

One claimed he keeps thousands of dollars in his bedside drawer, which he hands out to the people he sleeps with, and the paid pals earn as much as \$42,000 a night!

What's more, Charlie's said to have given cash bonuses if they brought him his "wish" →



US magazine *National Enquirer* exposed Charlie after an 18-month investigation



February 2011

The actor suffers a meltdown. He says he cured alcoholism with his mind and by drinking "tiger blood". He calls his *Two And A Half Men* boss Chuck Lorre a "turd" and is soon fired from the hit show. The rants continue and he lets loose about women trying to sue him. "They will get out there and they will sell me and they will lose." (Charlie has since put his outburst down to 'roid rage, admitting his diagnosis was just around the corner. "This was on the heels of that, let me say," he says.)



CHARLIE'S MELTDOWN
a joke

March 2011

Brooke gets a restraining order after Charlie threatens to "cut your head off, put it in a box and send it to your mom". Kacey tries to kill herself, tweeting "those 16 hours i was with charlie sheen... messed me up... i can't get that image out of my head... i think i keep trying to feel his pain".



list" of other porn stars to sleep with, including men and transsexuals.

But despite the debauchery, the director says the girls knew to use protection, recalling one girl who told him "she wouldn't touch him with a 10-foot pole without a condom".

"She felt bad for him because he looks like a mess," he adds. "He looks so sick, you have to wear a condom. You're probably afraid for your life."

Legal action

While Charlie insists he used both "condoms and honesty" since learning he had the virus, the lawsuits are beginning to line up, and that's on top

of the millions he reckons he's already forked out in hush money!

Police are already taking down the names of people who claim they had unprotected sex with the star, and this list is said to include up to 24 sex workers, who allege Charlie failed to disclose his HIV status.

And it seems one such person could be an unnamed porn star who the actor paid \$14 million to remain quiet after she was reportedly asked to fetch his "HIV pills" after a marathon 12-hour sex session.

"She felt sick. She told me she had been having unprotected sex with Charlie and was convinced she had contracted HIV," says



Who's next to sue?



Hiding your HIV status is illegal in California. While at least six women are said to have lawyered up in a bid to sue for intentional infliction of emotional distress, fraud, sexual battery, reports suggest that as many as 24 others are set to do the same. Given a source linked with Charlie has told TMZ that in the last two years, the actor has had at least 200 sexual partners, this case could get costly.

fellow porn star Jason Quinlan, who's a friend of the woman.

"She told me, 'I'd been having unprotected sex with him for almost a year along with 50 other girls at minimum.'

Victim or villain?

Charlie claims he only had unprotected sex with two women, and they were cared for by his doctor at the time.

One of these appears to be nurse Amanda Bruce, who went on *The Dr Oz Show* last week to discuss how she consulted with doctors before having sex with Charlie every day.

"If I had met him on one night, and we had decided to engage in [sexual relations], I'd say, 'That's Russian Roulette.'

"The reality is, we had known each other for many months before we engaged in

[sex], and we were a couple, I was in love with him," says Amanda, who dated the star for eight months and is HIV-negative.

But his ex Bree Olson isn't so understanding.

"I could literally be dead right now because he did not tell me that!" blasts the 29-year-old, who was one of Charlie's live-in "goddesses" in 2011.

His rep, however, claims Charlie remained quiet because he wasn't diagnosed before they split in April 2011.

Charlie's former fiancée Brett Rossi, who he was with from 2013 to 2014, says he put her at risk, too – and she didn't find out until April this year.

"You exposed me to HIV for a year-and-a-half!" she says in a video, which sees her set fire to photos of her ex. "You offered me a hundred grand after basically being married to you – you piece of shit."

However, Charlie says that the chance of him having knowingly exposed anyone to the disease is "impossible" because the virus is no longer

August 2011

Rumoured to have reunited with Brooke after the pair jet off to Mexico on holidays. When Brooke gets arrested for a crazy drug-fuelled Aspen meltdown four months later, she goes to rehab on Charlie's dime. Thankfully, Brooke doesn't get infected while back together with Charlie. Denise looks after her twin boys.

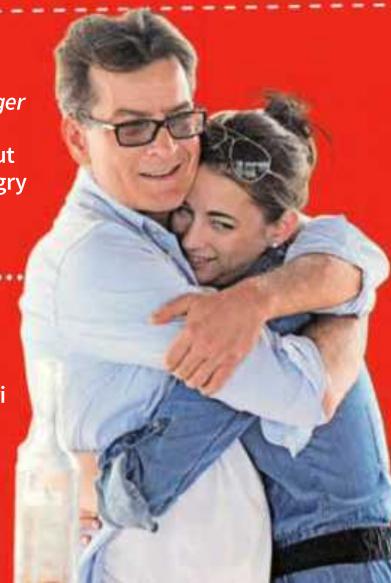


June 2012

Returns to TV in *Anger Management*. Says he's still drinking but regrets being so angry the year before.

January 2013

Charlie moves porn star Georgia Jones into his LA mansion – they holiday in Mexico and make out on the streets. Then in August he invites porn star Capri to live with them as a goddess – the same chick he assaulted in 2010! And all live happily together – or do they?



detectable in his blood. "Individuals who are optimally treated, who have undetectable viral loads, who responsibly use protection, have an incredibly low - it's incredibly rare to transmit the virus," explains his personal physician, Dr Robert Huizenga.

A family united

But Charlie's been honest with ex-wives Brooke Mueller and Denise Richards. And they – as well as his four kids with them – are all HIV-negative.

Charlie told Denise and Brooke about his health in 2011 and they've both been supportive of his situation.

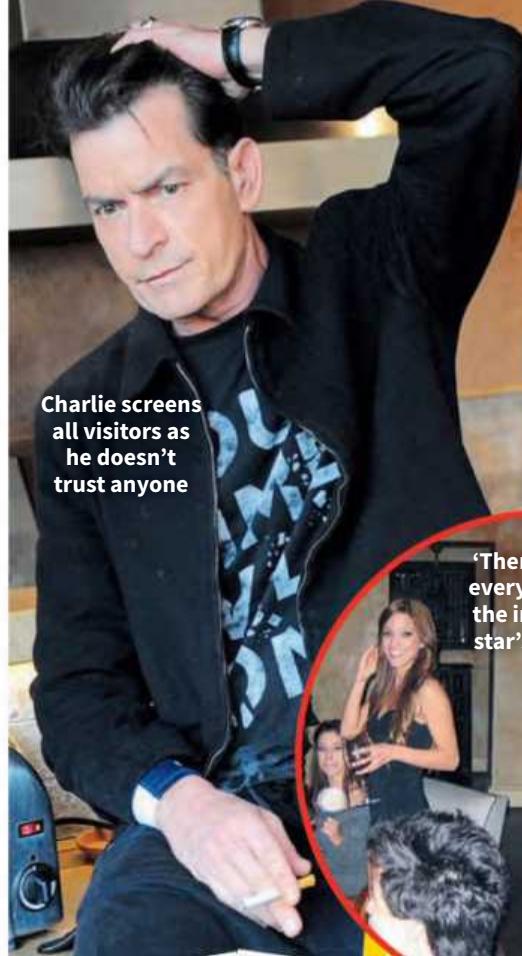
But it was a bitter pill to swallow for Brooke, who was still sleeping with Charlie in 2011 and says she had a "psychotic break" when he told her the news.

"I had a drug-induced psychotic break at Charlie's after doing drugs with him for that many days," the 38-year-old reportedly wrote in a text message to a pal. "I couldn't handle the HIV news."

The hardest person Charlie had to tell, though, was his eldest daughter Cassandra Estevez, 30, who he confessed to last week.

She was, understandably, devastated by the news.

"I felt bad, it hit her hard," says Charlie. "But she recovered, and she's tough like her dad." ■



Charlie screens all visitors as he doesn't trust anyone

Photos: InTouch Magazine

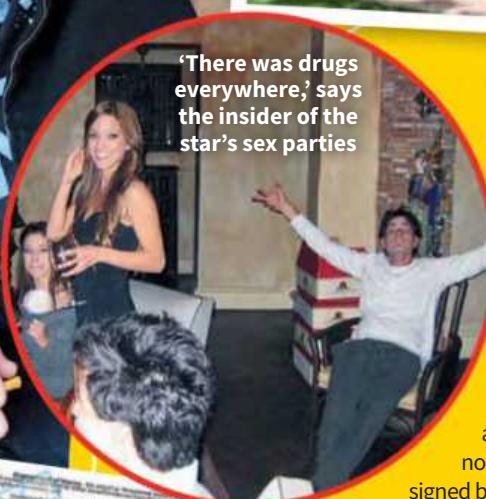


Charlie made all guests sign nondisclosure agreements



HOUSE OF HORRORS

'There was drugs everywhere,' says the insider of the star's sex parties



Charlie's \$7 million home in the exclusive Mulholland Estates in Beverly Hills may look picture-perfect, but its gilded exterior hides a wealth of grubby secrets. That's if you can get past the front door!

The star was so paranoid about his illness getting out that he set up a security team in his garage, where non-disclosure agreements had to be signed by all guests and phones handed over before anyone was allowed to enter the house.

"In the garage, there's the command post, surveillance cameras and a team of three security guards and one of them just sits in the garage and watches all the security cameras," says the porn director. Inside the home, Charlie

has three women employees who act like waiters.

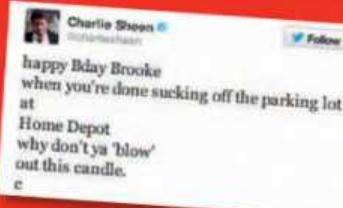
"The star was like, 'Whatever you need let them know, if you're hungry and want a sandwich tell the girls and they'll get you what you need,'" add the porn insider.

As well as snacks to keep energy levels up during his sex parties, there was a smorgasbord of drugs on hand.

"There was coke, there's weed, there's crack. He's got any drug you want and if he doesn't have the drug, he can make one phone call and he can get it," adds the source.

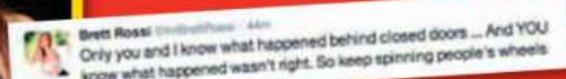
November 2013

Charlie and Brooke get into an explosive Twitter war. Charlie tweets, "happy Bday Brooke ... why don't ya 'blow' out this candle," with a pic of a grenade after she tries to get another restraining order. He starts dating porn star Brett Rossi and they get engaged in February.



October 2014

In the month that should have seen her married to Charlie – who called it off just weeks from the date – Brett suffers a drug overdose.



October 2015

In a damning video, Brett is filmed burning all of her photos and letters from Charlie, shouting about how he only offered her \$140k and the only place she wants to see him is in court.

August 2015

Brett goes on a Twitter rant aimed at Charlie. "The truth always comes out. You know the truth and denying it is not going to change the reality." Insiders say she was referring to her discovery of his HIV cover-up. "Only you and I know what happened... And YOU know what happened wasn't right... They only listen & agree because they are on ur payroll. Yes, these tweets are aimed directly to u."

J-Law

'We can be together'

The BFFs are ready to give romance a go!

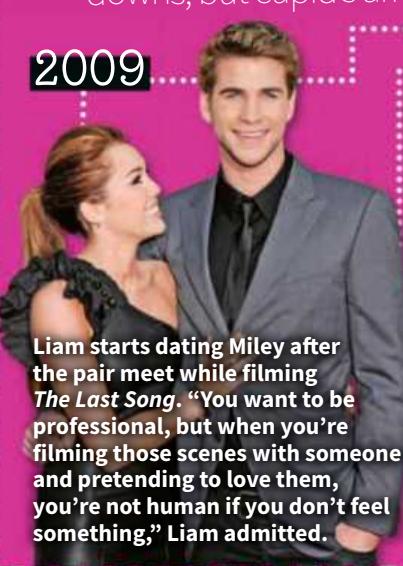
After a string of bad relationships, Jennifer Lawrence was ready to throw in the towel – until her long-time crush Liam Hemsworth finally stepped in and swept her off her feet!

Yup, just weeks after being ditched by Chris Martin for

Their winding road to love...

It took them four long years of relationship ups and downs, but cupid's arrow finally found its mark!

2009



Liam starts dating Miley after the pair meet while filming *The Last Song*. "You want to be professional, but when you're filming those scenes with someone and pretending to love them, you're not human if you don't feel something," Liam admitted.

2011

It's love at first sight when Jen and co-star Nicholas Hoult meet on the set of *X-Men: First Class*, although they don't go public until the following year. "The more you try and keep it a secret, the more the media tries to crack it open," J-Law said at the time. "Maybe there's less pressure if you admit you are dating."



Package deal

Bonus! Liam comes with cuddly canine Dora, adopted with the help of ex-fiancée Miley Cyrus.



Photo: Instagram

& Liam

can finally together'

actress Annabelle Wallis and telling chat-show host Diane Sawyer, "I don't think I'll ever get married," Liam, 25, has come clean about his feelings for his *Hunger Games* co-star.

And about time, too!

"I would never expect to ever have a man this good-looking ever be my best friend," Jen, 25, gushed last year of the Aussie hunk.

But she can go one better than that – because now she gets to call Liam her boyfriend!

"It happened a couple of weeks ago," Jen's gal pal spills

to NW. "They were just hanging out at Jen's place, having pizza and chilling, when Liam went in for a kiss! Jen was shocked but thrilled that he made the move. She's been on cloud nine ever since."

Just too cute!

While there's always been a spark between the adorable pair – who became fast friends after meeting on *The Hunger Games* set back in

2011 – the timing's never quite been right for them to take the next step.

After all, mixing business with pleasure didn't exactly work for *Twilight* co-stars Robert Pattinson and Kristen Stewart, who publicly imploded back in 2012.

But now that Liam's called off his three-month romance with *Independence Day: Resurgence* co-star Maika Monroe, 22, and with the *Hunger Games* films in

the bag, there's nothing stopping J-Law and the Hemsworth hottie finally acting on their feelings!

"Jen was at rock bottom after Chris burned her the way he did, but Liam saved her. Thanks to him, her faith in love has been restored," continues Jen's mate.

"She's been telling people she might have found her 'happily ever after' after all." ■

'JEN WAS
AT ROCK
BOTTOM...
LIAM SAVED
HER'

2012



After three years of dating, Liam pops the question in May to his muse girlfriend with a 3.5-carat diamond sparkler – much to her delight! "I'm so happy to be engaged and look forward to a life of happiness with Liam," Miley gushed, later tweeting, "I feel like all my dreams are coming true." Even her dad Billy Ray was delighted, despite Miley only being 19.

2013

Liam and Miley's happiness proves short-lived. In April, they postpone their wedding, following rumours Liam and January Jones had hooked up in February. He and Miley make their last public outing together that August, before splitting. J-Law ends her equally rocky romance with Nicholas in August but misses the boat when Liam moves on with Eiza Gonzalez.

2014



Jen and rock star Chris Martin shock fans by hooking up. The pair are spotted enjoying a romantic dinner date at Hollywood's Chateau Marmont in September. The same month she also joins the Coldplay rocker backstage at a gig in Las Vegas. "He's crazy about Jen," said a well-placed source.

2015

By January, even Chris's ex-wife Gwyneth Paltrow has accepted his relationship with Jen. "Who says I don't approve of Jennifer Lawrence?" she says in a radio interview. "He wouldn't be with someone who isn't great." But their clashing schedules and Chris's complicated personal life soon take their toll and they eventually split in July. Straight away, J-Law briefly reconnects with her ex Nicholas, but it doesn't last. That same month, Liam begins dating *Independence Day: Resurgence* co-star Maika Monroe before he's linked to Megan Fox in October.



The couple share a moment at the world premiere of *The Hunger Games: Mockingjay – Part 2* in Berlin on November 4



Cutie! Liam carries J-Law's bag on the Great Wall of China!



Jen and Justin's HONEYMOON

Who else was there?

Justin Theroux gushed to *E! News* that he and Jen wanted to celebrate their wedding with a no-holds-barred holiday with their closest pals. "We could just do a normal honeymoon, or we could go with some friends, keep the party going, relax, and have fun." Among the few who joined them were Chelsea Handler, Tobey Maguire and Courteney Cox... who knows what a drug investigation may turn up?



CHELSEA HANDLER

Jen's long-time friend, comedian Chelsea, 40, was among those spotted kicking up their heels.

TOBY MAGUIRE

The 40-year-old star and his wife Jennifer Meyer, 48 – who designed Jen and Justin's wedding rings – joined the party.

COURTENEY COX

Jen's maid of honour Courteney, 51, and her fiancé Johnny McDaid, 39, let loose in Bora Bora.

The pair's heavenly honeymoon has been overshadowed by a mysterious death. But what other secrets will it uncover?

They're Hollywood's golden couple, so Jennifer Aniston, 46, and Justin Theroux, 44, are the last people you would expect to be embroiled in a drug and murder investigation.

But that's exactly what's happened following the tragic death of one of their guests, Carmel Musgrove, 28, who was found washed up on a beach during their August honeymoon in Bora Bora.

While authorities on the French Polynesian island attribute Carmel's shocking death on August 20 to accidental drowning, her parents Ron and Ann aren't convinced and have launched an independent investigation to rule out the possibility of foul play.

'THEY'RE DETERMINED TO GET THE TRUTH'

But officials may unearth a whole lot more – and it's got Jen and Justin sweating bullets!

Given the autopsy detected alcohol, marijuana and cocaine in Carmel's system, there's a chance every detail of Jen and Justin's two-week wild honeymoon at the luxurious Four Seasons Resort will come under the microscope.

Indeed, the operation's forensic pathologist, Dr Michael Baden – who's investigated high-profile murders including John F Kennedy and Martin Luther King Jr – will want to know where the drugs came from.

Did Carmel – the personal assistant to superstar producer and guest Joel Silver, 63, – do the drugs alone?

Did someone from the honeymoon fly the stash in on a private jet? If so, how did they get past customs officials?

Did others in the party give Carmel the cocaine?

If this is the case, other high-profile guests may be implicated in this tragic event.

"Of course Jen wants to keep their honeymoon memories private, but she understands that details may have to come out to determine

MOON MURDER

what happened to Carmel," spills a source.

"Jen's worried that the investigation might reveal other secrets of her private life."

Needless to say, a scandal like this is the last thing the notoriously private Justin and Jen need.

After all, the actress refused to make public any of the details about her August 5 wedding, revealing to *Entertainment Tonight*, "I'm not telling you about any of that stuff! We had the beautiful luxury of having a beautiful, private moment."

Nor do they want their respective drug histories dragged up again.

Jen admitted to using marijuana with ex-hubby Brad Pitt, 51, telling *Rolling Stone* magazine in 2001, "I enjoy it once in a while. There is nothing with that. Everything in moderation."

She also dated reported "raging cocaine fiend", Paul Sculfor, 44, in 2007, who had earlier been to rehab for his serious habit.

Meanwhile, actor Keith Middlebrook, who met Justin

on the set of 2010's *Iron-Man 2*, claims the screenplay writer 'fessed up about his drug past.

"He told me about using powerful painkillers like Dilaudid, as well as mushrooms, ecstasy, cocaine, heroin, LSD and crack," he recalls.

What's more, Jen's star-studded Hollywood guest list – which also included Jimmy Kimmel, 48, and Jason Bateman, 46 – are likely to come under fire. It's every A-Lister's worst nightmare come true!

Still, Jen and Justin have been rocked by Carmel's tragic death and will do whatever it takes to get justice for her.

Especially given Carmel's distraught family are convinced she may have been assaulted or murdered.

"They're determined to get the truth," adds the insider.

Let's hope they do! ■

The stress is showing between the newlyweds

PARADISE LOST

Jen and Justin's dream honeymoon at Bora Bora's Four-Seasons, turned into a nightmare after wedding guest Carmel was found washed up on the beach covered in bruises. Her parents have not ruled out foul play.

A life cut short

Aspiring movie producer Carmel Musgrove was an assistant to movie bigwig Joel Silver, 63, for three years. Joel's 'devastated' by her death





Miley & Jared HOT HOTEL HOOK-UPS!

The toey two can't keep their hands off each other!

There must be some major chemistry going on between Miley Cyrus and Jared Leto, because the quirky pair just can't seem to stay away from each other!

Yep, after enjoying a string of hook-ups last year – first at a pre-Grammys bash and the again in Jared's boudoir – we hear they're once again on like Donkey Kong, having, um, reconnected after the MTV VMAs in August.

"Miley and Jared loved their hook-ups last year and have always kept a fun-loving, teasing

respect for each other," spills our insider.

"Miley put in another booty call recently and now they're meeting up in hotels and private houses in the Hollywood hills." Saucy!

And it seems eccentric party animals Miley, 22, and Jared, 43, are a match made in heaven!

"They like to have a good time, they love to talk about art and music," adds the source. "And they're both comfortable with nudity. The chemistry is off the charts!"

But there could be trouble if Miley – who's been single since her split with rumoured cheat Patrick Schwarzenegger earlier this year – is hoping for more than the occasional sleepover.

"Jared doesn't do girlfriends," says one of the singer's pals. ■



SALON-PERFECT SMOOTHNESS AT HOME

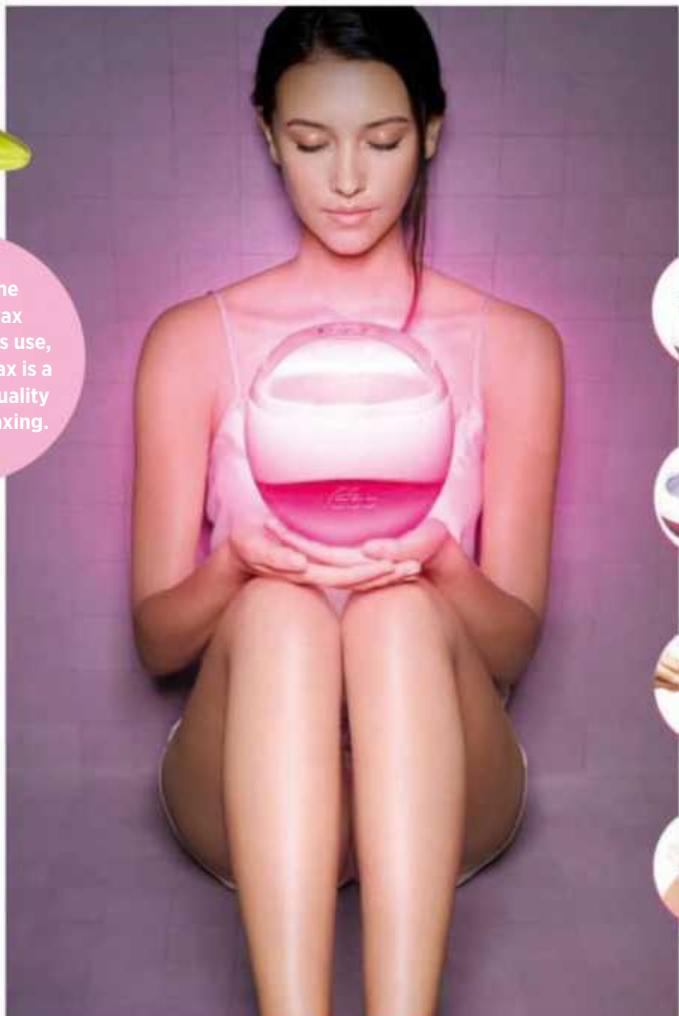
Recreate the day-spa feeling in the comfort of your own home with a professional-quality wax-warming system from Veet. Viva la summer!



As it uses the same hot-wax methods salons use, the Veet Spawax is a professional quality product for waxing.

Veet Spawax has two refills with six stripless wax discs. Use four for half legs, one for your bikini line and one for underarms. The only trouble is deciding what fragrance to pick! Choose from Purple Lily and Sugar Fig, or White Orchid and Vanilla.

With its strip-free technique and resin based formula, the wax is easy to work around the curves of your body. This means that even tiny hairs as short as 2mm can still be removed.



WE'RE BRINGING THE SALON TO YOUR OWN HOME!

Get pampering this weekend, thanks to Veet Spawax. The Spawax Kit includes delicious Purple Lily and Sugar Fig fragranced wax discs that give you silky-smooth legs, underarms and bikini lines. No longer a tricky situation, the process is simple and enjoyable – and there won't be any waxy mess afterwards! With the pod's red glow giving off relaxed vibes, it's the ultimate beauty experience.

What beauty feels like: veet.com.au

HOW TO USE:
Quick, convenient and oh-so easy in just four steps.

STEP 1 Place the wax discs inside the pot and turn it on. Veet Spawax melts and heats the wax to its ideal temperature in 30 minutes, staying at that level.



STEP 2 Next up, scoop the wax on to the spatula and apply a layer of wax that's the thickness of an orange peel in the direction of your hair regrowth.



STEP 3 Leave for 30-60 seconds or until the wax becomes dry to touch. Holding your skin tight, pull the strip back against the direction of hair growth.



STEP 4 When you're all done, clean away any wax residue using some used wax or baby oil. Voila!



Veet Spawax Stripless Wax Warming Kit, \$59.99; Veet Spawax Stripless Wax Refills in two fragrances: Purple Lily and Sugar Fig or White Orchid and Vanilla, \$14.99.

Veet Spawax

This week's **BIG QUESTIONS**

Cheat's guide to all the goss!

1 WHAT'S WITH THE RING, KRIS?

When Kris Jenner stepped out in New York for a dinner date with toyboy Corey Gamble, she was flashing a rock that could rival her daughter Kim Kardashian's!

Needless to say, the internet went into meltdown with speculation that 35-year-old Corey – who Kris, 60, has been dating for a year – may have popped the question!

Indeed, twice-married Kris admits she and Corey are on their way to finding out whether it'll be "third time's a charm", telling E! their relationship is "really terrific and he couldn't be more amazing"

"The kids love him and he's great with the little ones," she adds.

Sounds like another TV wedding is in the works!



Ulterior motive

Now he's put a ring on it, Corey's demanded a payrise, doubling his \$14,000 monthly salary!



Family first

Gwen admits she freaked out when none of her sons asked her about Blake!

2 ARE GWEN & BLAKE OVER?

It seems so! Gwen Stefani has reportedly put the brakes on her romance with *The Voice* co-judge Blake Shelton, 39, because she's feeling overwhelmed.

"She found all the attention surrounding her and Blake to be too much and regretted how

soon they made their relationship public," says source.

Backing up rumours there's trouble in paradise, Gwen all but confirmed her single status on a San Diego radio show recently.

"I never said nothing about being in a new relationship," insisted the 46-year-old.

3 ARE JEN AND JUSTIN EVEN MORE IN LOVE?

Despite ongoing murder investigations (see page 26), the honeymoon certainly ain't over for these two! Rocking matching fedoras, Jennifer Aniston, 46, and Justin Theroux, 44, proved they're as smitten as ever as they showered each other with kisses during a stroll in New York last week. And later that night, Jen nuzzled her hunky hubby as they attended the Labyrinth Theater Company's Celebrity Charades Gala. Too adorbs!



Cosy couple

Who needs scarves to beat the New York chill when you've got each other?

Ariana Grande, Miley Cyrus and Nicola Peltz are also under scrutiny

4 WHO'S BELLA'S MEAN GIRL?

Bella Thorne has serious beef with one mystery Hollywood starlet, calling her out for being a "mean girl".

"She's in the business, and she's very, very mean. I stay away from her at all costs. I never say hello to her," she spills.

And Bella should know how to spot one, given she played mean girl Madison Morgan in *The DUFF* earlier this year!

"Her siblings are not mean like she is. It's just her," adds 18-year-old Bella. "One of the reasons I don't like her is because she's been a billionaire since she was very little, and she's never had to work for anything in her life."

Could Bella be bashing Kendall or Kylie Jenner? Or is it Gigi or Bella Hadid? Let the guessing games begin!

5 IS ADAM SAYING NO TO KIDS?

He declared in February that he and model wifey Behati Prinsloo, 26, will be trying for their first baby next year, but sources reckon Adam Levine, 36, has changed his mind.

In fact, he's halted baby-making plans altogether. Eek!

"Behati got suspicious once he started filling his schedule for the next year," says a source. "Adam's made it so he won't be home much. She thinks he's gotten cold feet."

Bye-bye, baby

Once *The Voice* wraps next month, Adam will hit the road for another lengthy tour!



This week's BIG QUESTIONS

Cheat's guide to all the goss!



6

WHAT'S ARIEL ASKING FOR?!

A little respect, that's what! She might play a geek on *Modern Family*, but Ariel Winter busted out the tough moves last week as she stood up to online body bullies.

The 17-year-old – who underwent breast-reduction surgery in June – was furious after trolls let rip on an innocent bikini post of her with her two nieces on vacay. One accused Ariel of, “Asking for it,” while another added, “She is not a role model for girls.” Harsh!

Ariel fought back via Insta, saying, “This is for the girls who are constantly bullied... You are not asking for anything because of what you are wearing... YOU ARE BEAUTIFUL.”

8

WILL ROB AND SCOTT BECOME ROOMIES?

Well this has trouble written all over it! After months of living like a recluse, recovering addict Rob Kardashian has reportedly finally moved out of sister Khloe's Calabasas mansion.

An insider says Rob “felt like it was time to get his own identity”. And while the reality star's mum Kris Jenner was seen visiting the 28-year-old at his new Van Nuys apartment last week, there's always the option of moving into a more luxe pad with newly sober ‘brother-in-law’ Scott Disick, 32.

Scott was spotted house shopping in Beverly Hills too, following his 30-day stint at the Cliffside Malibu rehab centre.

We'd like to say this is a match made in heaven... But we can't. We can only imagine the shenanigans!



Bachelor pad

This was one of the LA digs Scott was seen viewing.

7

IS LIZ TAKING SHANE FOR ANOTHER SPIN?

A rematch could be on the cards for *The Royals* Queen, Elizabeth Hurley, and former Aussie cricketer, Shane Warne! Liz was spotted at Warnie's LA cricket game last week

After dating for three years, the pair called it quits in November 2013, but the exes still clearly looked hot to trot! Pics showed Liz, 50, hurling her arms around Shane, 46, post-match.

The duo even took to Instagram to lavish praise on one another openly!

“At Dodger Stadium with @alexandrapark1 watching @shanewarne23 play in the #allstars cricket game,” said Liz, while Shane captioned a rather cosy pic of the duo, “Lovely seeing this gorgeous girl @elizabethhurley1 at game 3 of the #cricketallstars in LA.” Aw!



Ex appeal
Love may be in
the air again for
Shane and Liz,
who flirted in LA
last week.



Slow and steady
Khloe tells Ellen DeGeneres there's a long road ahead.

9 WHAT'S HAPPENING WITH LAMAR?

Despite making some progress, there's still a long road ahead for Lamar Odom, 36, says Khloe Kardashian.

While the fallen NBA pro is now off "all machines that help his organs", following his Nevada drug overdose last month, Khloe, 31, says the strokes he suffered as a result have taken a serious toll on his brain function.

"He's learning how to walk again and feed himself again and put sentences together. Cognitively there is a lot... it's a long, long road ahead," the reality star revealed on *The Ellen DeGeneres Show* last week.

"He couldn't put words together today... He's really confused a lot, we have to remind him. Every day is different. Sometimes he knows who the president is, and his birthday, and other times he thinks he's 26, and I say, 'I bet you wish you were 26, so do I.'"

The situation has proved taxing on Khloe, 31, who cancelled part of her book tour saying she was "sick" and citing "stress".

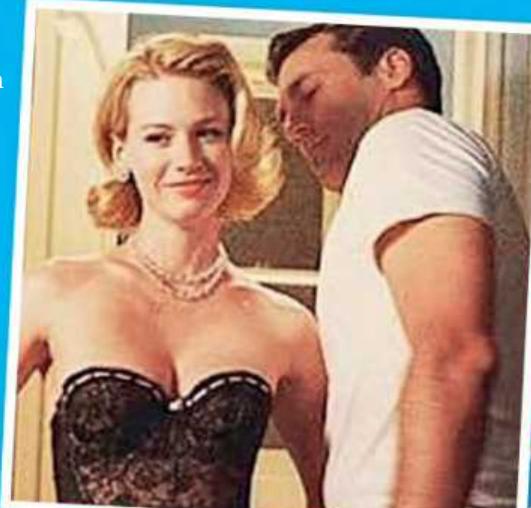
However, TMZ reports she's actually contracted a serious staph infection from Cedars-Sinai Medical Center, where she's been visiting Lamar. Yikes!

10 HAS JON MIXED BUSINESS WITH PLEASURE?

After parting ways with long-time love Jennifer Westfeldt, 45, in October, *Mad Men* star Jon Hamm has reportedly been hooking up on the sly with his former co-star January Jones, 37!

"He and January are closer than people realise... she was one of the first people to console him when he and Jennifer split. They talk on the phone most days and have met for dinner on at least two occasions over the past month," an insider reveals.

Of course, it would be perfect for *Mad Men* fans to see Jon, 44, and January – who has a young son, Xander – reunite the Drapers!

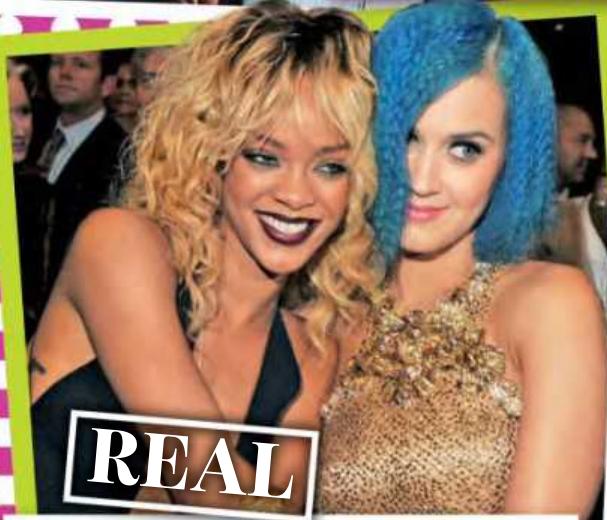


**REAL**

Amy Schumer & Jennifer Lawrence
Kooky star Amy, 34, and J-Law, 24, love each other so much they're teaming up to write a screenplay together – in which they play sisters. "Amy and I were creatively made for each other," Jen gushes of the *Trainwreck* star. "We have different flavours. It's been the most fun experience of my life. We start the day off on the phone, laughing. And then we send each other pages." There's no doubt about it – these two are BFFs forevs!

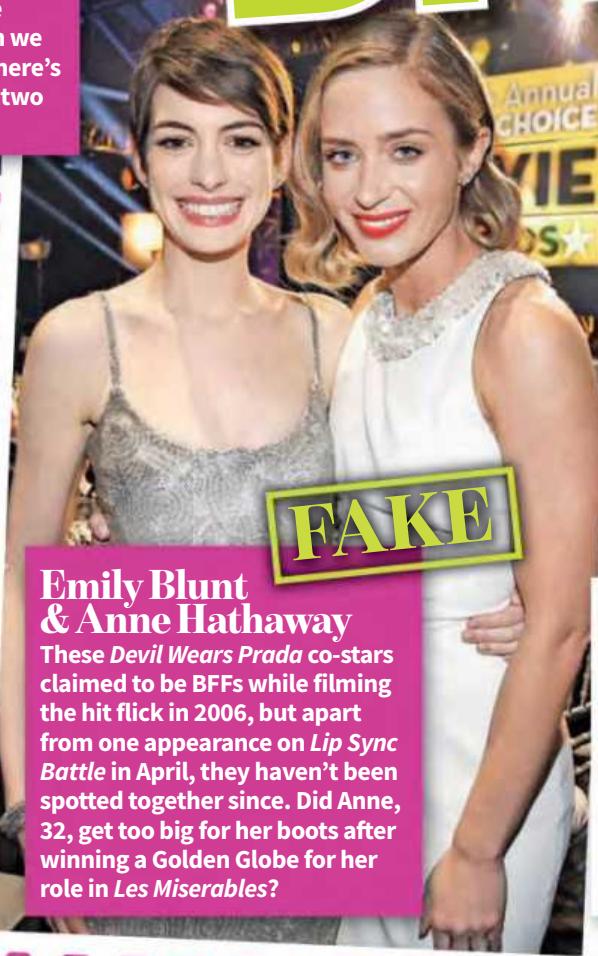
**REAL****Rihanna & Katy Perry**

Taylor who? Rihanna and Katy Perry have their own girl squad – and Tay ain't welcome! In fact, feisty RiRi, 27, is planning a Taylor take-down, dissing her and her *Bad Blood* video as payback for messing with Katy. Miaow! In fact Katy, 31, has openly spoken about her love for RiRi, gushing, "I love her and every time I see her, I'm reminded of the light she has."

**Reese Witherspoon & Sofia Vergara**

While it looked like a match made in heaven for *Hot Pursuit* co-stars Reese, 39, and Sofia, 43, sources say their "girl-mance" was just a stunt to promote the flick. Indeed, once they were off the promo trail, the duo blamed each other for the movie's flop! "Reese blames Sofia's accent and 'irritating laugh', while Sofia blames Reese for not being sexy or funny enough," reveals an insider. Sofia also called Reese's attempts at speaking Spanish while promoting the film "embarrassing". Ouch!

Celeb besties **BFFS**

**Emily Blunt & Anne Hathaway**

These *Devil Wears Prada* co-stars claimed to be BFFs while filming the hit flick in 2006, but apart from one appearance on *Lip Sync Battle* in April, they haven't been spotted together since. Did Anne, 32, get too big for her boots after winning a Golden Globe for her role in *Les Misérables*?

**Holly Madison & Kendra Wilkinson**

Once upon a time, they shared everything – including then-boyfriend Hugh Hefner. But after Kendra, 30, accused Holly of being a gold digger, saying she "wanted Hef's kids and his will", Holly, 35, hit back, calling Kendra "fake".

**FAKE**

Beyoncé & Kim Kardashian
Their hubbies may be best mates, but we hear Kim, 35, and 34-year old Bey only play nice for the cameras. "Kim always made a real effort to get to know [Bey] but she was always left with a very cold feeling," spills a source. "Beyoncé made Kim feel very insecure and that isn't something that she is used to."

**Cameron Diaz & Drew Barrymore**

Not only was Drew, 40, Cam's bridesmaid at her wedding in January, but Cam, 43, repaid the favour the following month. Drew's *Charlie's Angels* co-star cut short a radio interview with Kyle Sandilands and Jackie O, after Kyle made light of Drew's drug habit. Talk about loyalty!

**Victoria Beckham & Eva Longoria**

People called BS on Victoria Beckham's friendship with Eva Longoria, 40, when the pair first started hanging out eight years ago. Given they meshed so quickly after the Beckhams move to LA, many thought their management teams arranged it to help boost Posh's US profile! But the fashionable friends have proved sceptics wrong with Posh, 41, confirming, "We're best friends and have shared lots of life lessons together." Naww!

OR
They're used to performing, but which of these A-list twosomes are pretend pals?

FAKES?

**Lea Michele & Emma Roberts**

They've posted Instagram pics claiming to be besties, but rumour has it there's major tension between *Scream Queens* stars Lea, 29, and Emma, 24. An on-set source reveals the pair would at first "just ignore each other" on set, but as "the weeks went on, things got more heated and they started calling each other names".

**Taylor's squad****TAYLOR & KENDALL**

There's no room for Kendall Jenner in Taylor Swift's girl squad, especially after Kendall reportedly hooked up with Taylor's ex Harry Styles last year!

REAL**TAYLOR & SELENA**

Taylor shunned Sel while she was dating Justin Bieber, but things warmed up when Selena Gomez scored a lead role in Tay's *Bad Blood* video.

REAL**REAL****TAYLOR & LENA**

Despite feeling frumpy standing next to her, Lena Dunham says Taylor inspires her endlessly. "I was listening to her while I wrote my first film, while I wrote the first season of *Girls*," she says.

TAYLOR & LORDE

Lorde and Taylor were inseparable for a while there, but it seems their enviable friendship was a big fat lie! Lorde dissed Tay in 2013, saying she was "too flawless and unattainable".

FAKE



R-Patz & FKA twigs

BABY BEFORE WE

What's cooking?

Rob paid plenty of attention to her belly at the star-studded event.

The loved-up couple can't wait to start their own family!

Contrary to recent split rumours, Robert Pattinson and his fiancée FKA twigs are more loved-up than ever. So much so, we hear they're pulling out all the stops trying for a baby!

And tradition be damned – as the engaged couple are determined to make it happen before they get hitched!

'EVERYONE AGREES THAT THEY'LL MAKE FANTASTIC PARENTS'

"All this talk about them breaking up only started because they're putting off the wedding," a close friend of Rob and twigs



MORE WEDDING

– real name Tahlia Barnett – tells NW. “But what people don’t realise is that it was because they’re more interested in starting a family than getting married.

“As far as they’re concerned, they’re going to be together forever – they don’t need a piece of paper to prove it.”

What’s more, 29-year-old R-Patz not only recently said he can “definitely” see himself being a dad, but he’s also envisaged what his kid will be like – and it’s not a chip off the old block!

“I will have a child who is totally cool and confident,” says the famously awkies star. “He or she will probably look at me every day and think, ‘Why is this guy such a funny, quirky oddball?’”

And twigs, 27, has babies on the brain just as bad!

“Women are amazing creatures,” the Brit singer

gushed. “We can give birth. We have a womb. We can create life... I honestly didn’t give a shit about any of this stuff until about two years ago.”

And given the way Rob was lovingly stroking her belly at the GO Campaign charity gala in Beverly Hills on November 12, the couple may already have a bun in the oven!

What’s more, twigs turned up to the posh event wearing a baggy white jumpsuit – a far cry from the revealing get-up she usually sports.

But even if she’s not knocked up yet, it’s only a matter of time.

“They’re going at it like rabbits,” adds the friend. “All their friends are excited for them to start this next chapter. Everyone agrees that they’ll make fantastic parents.” ■

Rob didn't leave twigs's side at the GO Campaign gala in Beverly Hills on November 12

THREE'S A CROWD!



Third wheeling

Our source says Katy “hardly said two words to twigs”.



If there's one thing guaranteed to ruin date night, it's running into your fiancé's former flame!

So whoever drew up the seating plan for the GO Campaign's Go Go Gala fundraiser in Beverly Hills must have been having a major brain fart when they put Rob and twigs on the same table as his ex Katy Perry.

Fresh on the market after her latest split from on-off beau John Mayer, 31-year-old Katy was in fine form, getting her flirt on with Rob despite twigs sitting right next to him!

And while she put on a brave face, it was clear the Brit muso was wishing she – or Katy rather – was somewhere else.

“She didn’t like how territorial and touchy-feely Katy was with Rob, like he was her man and twigs just a bit of decor,” says an insider. “She knows Katy’s a much bigger star, so she expected a bit of showbiz ego, but there were a couple of times she wanted to slap Katy’s hand away from her man.”

**NORTH WEST**

Kim Kardashian's stylish two-year-old wears so much leather – hello, Balmain! – she needs a private butler on hand to keep her key pieces polished. "As a budding ballerina, Nori also demands a ballet bar be set up in her suite," adds a source. Natch.

MAX BRATMAN

It's game on for seven-year-old Max when he's on tour with his singer mum Christina Aguilera. "His rider includes a PlayStation and an Xbox One – along with all the latest games," spills our insider. To keep him sweet, Xtna also has his room stocked with gummy bears, Cheetos and organic chocolate almond milk.

MAXWELL & ACE JOHNSON

When it comes to accommodating Jessica Simpson nippies Maxwell, three, and Ace, two, hotels are required to switch all feather pillows for brand-new hypoallergenic ones, while all furniture has to be covered with white slips as "Jess is a total germophobe".

MEET HOLLYWOOD'S

Dinkiest DIVAS!

Celebrity tots aren't always sugar and spice and all things nice

MAX AND EMME MUNIZ

There's no sitting in front of the goggle box for Jennifer Lopez's highbrow seven-year-old twins. Their mum insists on having all cable TV removed from their five-star hotel suites, while the total candy ban means "the mini bar must be kept stocked with organic juice, chocolate goji berries, granola bars and fresh fruit".

**MOROCCAN AND MONROE CANON**

Mariah Carey's twins have learnt from the best. An insider says the four-year-olds each get their own hotel room filled with toys – a Lego village for Roc and a Barbie Dreamhouse for Roe. Says a snitch, "Mimi also demands all rooms she and the twins stay in have special air filters and at least two humidifiers."

SURI CRUISE

The nine-year-old daughter of Tom Cruise and Katie Holmes has a rider fit for a princess. As well as demanding there be a full English tea service ready for when she arrives, hotel rooms must be decked out with white flowers and a leather-bound copy of her fave book *The Secret Garden*.



Caring for your baby should begin before you know it's there

The first 6-8 weeks after conception are critical for a baby's development including growth of its vital organs. Yet most women don't know they are pregnant until after their baby starts to grow and develop.

It can take time to build the higher level of nutrients your body will need to support you and your growing baby. So it's important to start taking Elevit at least a month before you start trying to fall pregnant.

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*When taken from at least a month prior to and during pregnancy. 1. De-Regil LM, Fernandez-Gaxiola AC, Dowswell T, Pena-Rosas JP. Cochrane Database of Systematic Reviews 2010, Issue 10. Art No.:CD007950. DOI:10.1002/14651858.CD007950.pub2.

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The WEEK PIC

Hot mammas Reese, Kelly, Jess and Jenna are on hand to light up the room in the case of a blackout

'Time for some shots, ladies!'

'If you angle it right, you can see Channing'



Babes for babies

You can bet the mums of Hollywood stick together! At an LA gala for Baby2Baby – the charity co-chaired by **Kelly Sawyer** that provides low-income families with goods for bubs – **Jessica Alba**, **Reese Witherspoon**, **Jenna Dewan** and hubby **Channing Tatum**, **Gwen Stefani** and **Kourtney Kardashian** leave their little ones at home to let their hair down!

Back in black

With the Northern Hemisphere's weather getting a little chillier, celebs are pulling plenty of black and grey out of their wardrobes – and **Adele**'s no exception! The busy singer, who's looking hotter than ever on promo duties in New York, says she's putting time aside to pump iron. "I do like doing weights," she says. "I don't like looking in the mirror." Oh, we hear you, girlfriend!



'Off with your
headdress!'

When Harry met Kylie

How does one catch the prince's eye? With a feathered headdress, of course! **Kylie Minogue** looks prettier than peacock as she rubs shoulders with **Prince Harry** during the Royal Variety Performance in London. When he and Kyles aren't joined at the cheek, the prince gets chatty with **One Direction** lads **Louis Tomlinson, Niall Horan, Liam Payne** and **Harry Styles**, whose royal namesake even asks him for some hair advice. Hey, who better to go to than the long-haired lothario!

Harry offers
to pick Kylie's
jaw up from
the floor



'Mmm...., royal
pash rash'



'That's nothing -
mine's way bigger'

Dads are always so embarrassing...



Harper's a good sport!

It looks like it's way past **Harper Beckham**'s bed time. The littlest of the Becks brood tries her darnedest to support dad **David**'s return to his old soccer stomping ground in Manchester, but like many of us, she struggles to keep her eyes focused! The same can't be said for big bros **Romeo** and **Cruz**, who are excited to watch **Brooklyn** replace their dad during the UNICEF charity match. Considering Brook may have a whole career ahead of him, Harper had better get used to the Saturday night lights!

'The world game? More like the can-we-go-home-now game'

Harper Beckham
– part Red Riding Hood, part Sleeping Beauty!



The WEEK PICS

Yep, she has
a crystal
green room!

'I could get Angel wings
if I wanted. Big deal'

'It's flawless,
like me'

Miranda's town jewels

With Santa Claus coming to town, **Miranda Kerr** is giving New Yorkers an early prezzie! The Aussie model is on hand to raise a Swarovski crystal star atop the city's famous Rockefeller Center Christmas tree. Of course, Maz isn't physically doing any of the lifting – with 25,000 stunning crystals adorning the star, it's bloody heavy! – but she's spreading plenty of Christmas cheer with that mega-watt smile of hers!

Miranda knows
who the real
star here is...

'Pull my finger!'





'We'll just crop
him out later'

Daniel makes his mark

From Hogwarts School Of Witchcraft to the Hollywood Walk Of Fame, **Daniel Radcliffe** is a huge star these days – literally! The Harry Potter film franchise may have ended in 2011, but judging by the crowd in attendance to catch a glimpse of the man, he's still got it. He even needs a burly bodyguard to protect him from all the screaming muggles!



A hard day's werk!

Kate Hudson is werkin' for a livin'! The bubbly blonde sure has some questionable methods when it comes to promoting her Fabletics fitness apparel. Forget archaic press releases and free samples – it's all about in-your-face advertising! But as the activewear-clad actress lands herself an audience in Malibu, it seems there's a method to her madness!

The WEEK PICS

Demi's the hottest mugger he's ever seen!



We hope that's not your sex face, Alec...



A whole new ball game for Demi and Alec

The last time **Demi Moore** and **Alec Baldwin** were on the silver screen together in the 1996 thriller *The Juror*, DVDs were brand new and Blue-ray didn't exist. Fast-forward 19 years and the duo are back looking bigger and better — in HD! But while the years seem to have caught up with Alec — who's struggling to keep up with Demi, 53, as they film their new drama *Blind* in New York — the actress looks just as she did all those years ago. Hmm... good picture resolution or Botox? We can't decide.



Chris gets handsy

Sometimes all it takes is a little assistance from **Chris Hemsworth** to make your selfies look amazing. Heck, the mere appearance of the actor in any of your photos makes them infinitely better! He's giving fans a photography lesson at a screening of his film *In The Heart Of the Sea* at the Entertainment Quarter in Sydney's Moore Park. Wonder if he does private lessons...



Actors just love seeing their mugs on screen



Drew in drag!

With cocktail in hand, **Drew Barrymore** is having a gay old time on *Watch What Happens: Live*. In a contest like no other, the actress judges drag queens dressed up as her iconic characters in the films *Grey Gardens*, *E.T.* and *Scream* – and it looks like there's plenty of booze to go around.



The WEEK PICS



That's one way to keep your arms toned, Jodes!

'Don't make me spit the dummy!'

'You're right. We have the best teeth ever!'



Don't leave her hanging, guys

League of their own

The couple may still be on the hunt for their dream home, but **Jodi** and **Braith Anasta** don't look like they have a real-estate worry in the world as they stroll the promenade at Sydney's Coogee Beach with their 18-month-old daughter **Alecia**. The former rugby league star – who made his name playing for the Bondi-based Sydney Roosters – and his *Home & Away* alum wife are clearly natural coasties!

One hot premiere

'My shopping bags are invisible'



Christian Bale, Ryan Gosling and Steve Carell walk into a bar... Just kidding! They're hitting the ruby rug at AFI Fest in LA for the premiere of their new flick *The Big Short* – an adaptation of the best-selling book about the 2007-2010 global financial crisis. With Ryan in it, we're sure it's sexier than it sounds!

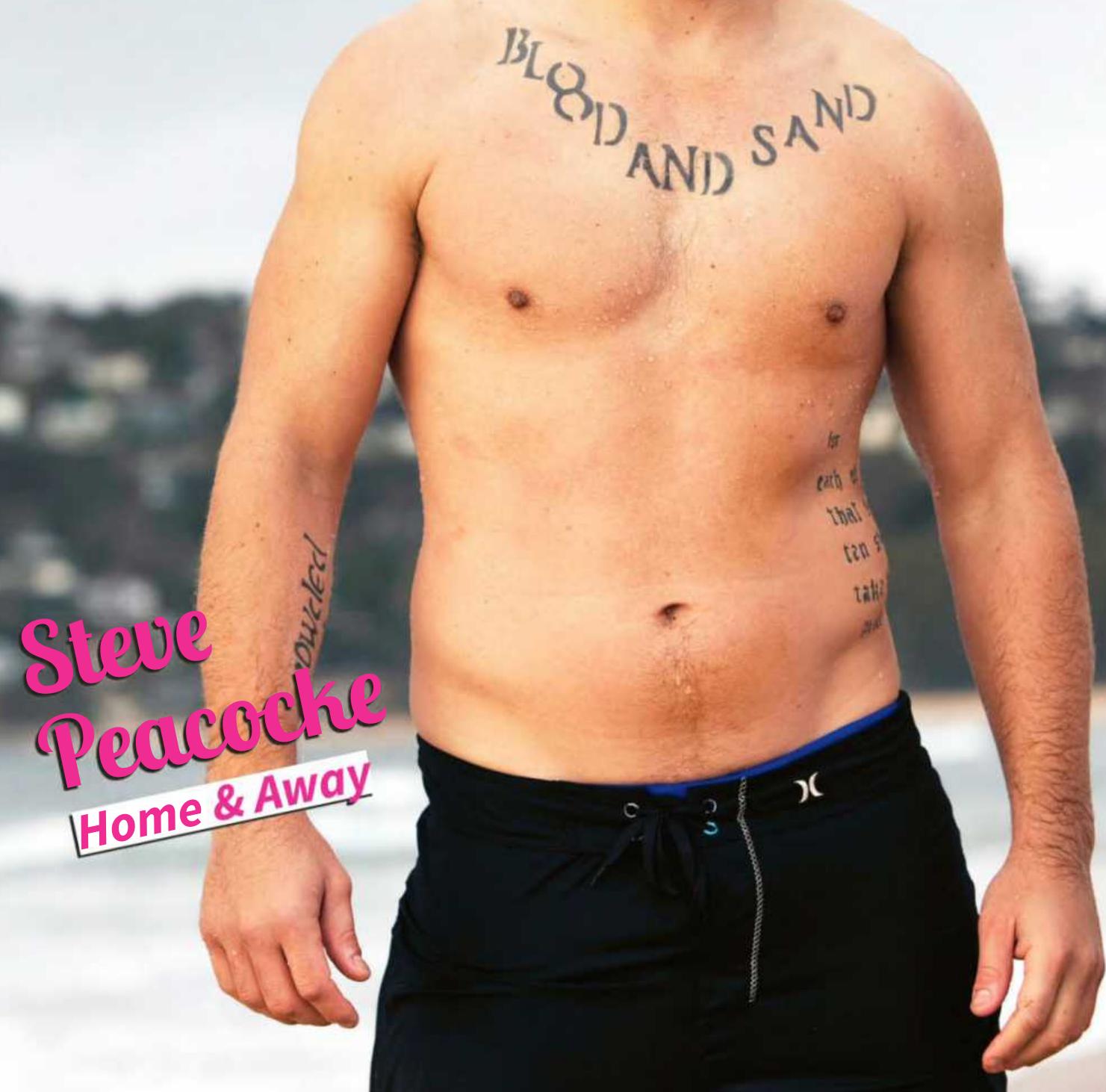


Good sports

Hot on the heels of releasing his first album of original music in five years, **Seal** wanders over to say hi to ex-wife **Heidi Klum** and give her a friendly kiss on the cheek after watching their son **Johan** play rugby in Brentwood. But while Johan's sisters **Leni** and **Lou** are also along for the outing, it seems they have better things to do than watch football. We hear ya, girls!



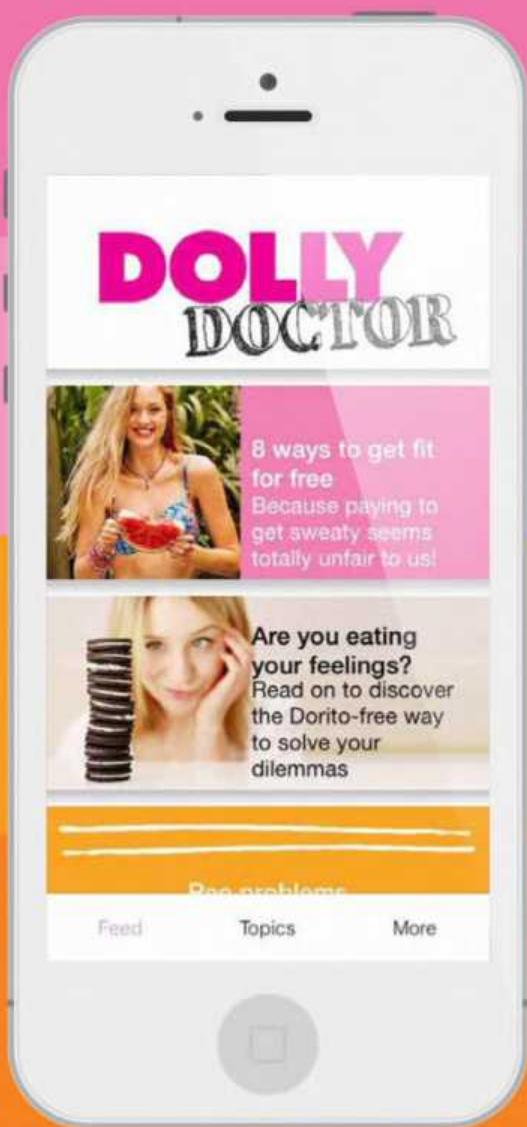
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Hot or NOT

It's a fine line
between fierce
and frump...

NOT

Saoirse Ronan

The actress is 21 going on 67 in this shapeless Emilia Wickstead frock that clings and hangs in all the wrong places. Nice shower curtain, though.



HOT

Jenna Dewan

We're green with envy – and it's not just because Jenna gets to wake up next to hubby Channing Tatum each day! She's perfect in this Monique Lhuillier gown paired with white pumps.



HOT

Toni Garrn

The jumpsuit is as hot as lava this season, and Leonardo DiCaprio's German model ex rocks her white backless Aigner number with all the ferocity it deserves. How funky are those flares?!





HOT

Rita Ora

Rita, is that you? It's rare that we get to see the singer in anything so... elegant. But she totally transforms herself in this plunging Marchesa princess ballgown. So much tulle!

HOT

Olivia Wilde

Red, white and wow! The stunner does it again in this Ingie Paris cocktail frock with pretty floral applique and blue platform peep-toes!



HOT

Sienna Miller

She makes it look so easy! Sienna's layered Saint Laurent frock is fresh, flirty and fabulous, while the silver sandals add the perfect touch of sparkle.



HOT

Marla Sokoloff

Marla Sokoloff is looking like a million bucks in this strapless, off-the-shoulder, light pink gown. She paired it with a matching clutch and a necklace.

NOT

Jessica Biel

The good news is it seems you can now buy Snuggies in material other than fleece. The bad news? They're still not ready to be unleashed on the red carpet...

NOT

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NOT

Jessica Biel

The good news is it seems you can now buy Snuggies in material other than fleece. The bad news? They're still not ready to be unleashed on the red carpet...



Hot or Not

NOT

Agyness Deyn

It seems like only yesterday Aggy was rocking her pixie cut on runways across the world, but the model-turned-actress isn't making much impact in the style stakes these days. Looks like someone got carried away taking her trousers up!



HOT

Jessica Alba & Gwen Stefani

With their dazzling smiles lighting up the red carpet, it's a miracle their outfits even get noticed! The gorgeous pair are a perfect match in strikingly different looks – Jess in a floor-length Giambattista Valli gown and Gwen in an asymmetrical Marchesa frock. Their slick hairstyles are also right on the money. Top points, ladies!

HOT

Amy Schumer

There's nothing funny about how amazing the comedian's been looking on the red carpet lately! Here, Amy is pure elegance in a knitted Calvin Klein gown paired with perfect winged eyeliner.





NOT

**Rooney
Mara**

She usually does goth gorgeous on the ruby rug like no other, but this Alexander McQueen combo leaves her looking like she raided a box of old clothes Mrs Claus dropped off at Vinnies...

J-Law rules!

The stunner games

Is there anything Jennifer Lawrence can't perfect? It doesn't even matter that she's sometimes tripping over in these gorgeous frocks - we absolutely love her red-carpet style on the *Hunger Games* promotional trail! One minute she's sexing it up in a speckled Dior haute couture number complete with gold chains to hold the gown together, the next she's going fun and flirty in an orange Mugler vest that she chooses to wear as a dress. This is clearly Jen's hottest promo tour ever!



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TIP
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dots like Jamie by
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Summer ES

Olivia Palermo

**TIP**

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Karlie Kloss

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Rosie Huntington-Whiteley



Gigi Hadid

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6 A-LINE MINI

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TIP

You can't go wrong in a zip-front A-line, especially if you stick to monochrome like Hailey.

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\$59
chemistwarehouse.com.au



Sassy

"The scent is sweet, yet sexy, with some surprises underneath," says Ariana. Pear, pink grapefruit and raspberry hit all the right notes.

ARI by Ariana Grande EDP,
100ml **\$69** 1300 884 411

Confident

Wear this spicy, sexy scent and feel as confident as Queen Bey. It's a tropical cocktail of dragonfruit and lychee over orchid, patchouli and sandalwood with a hint of vanilla. Hot!

Beyoncé Heat
Kissed EDP,
100ml **\$69**
1800 812 663



TIP

Wear a warm scent on a first date. Spice will excite his senses!



TIM TAM CHOCOLATE FIX

Tim Tam Chocolicious are poppable, bite-size pieces combining delicious Tim Tam layers of crispy biscuit and a generous layer of cream, wrapped up in almost double the Tim Tam chocolate you love. The chocolate fix that's not too rich or too filling!

MAKING BABY PLANS?

Elevit is a once-daily multivitamin and mineral supplement specifically formulated to provide essential nutrients to help support you and the healthy development of your baby. If you're thinking about trying to become pregnant, try Elevit.

Always read the label. Use only as directed.



RESCUE HAIR FROM DAMAGE AND DANDRUFF

With nine times more moisturisers*, Head & Shoulders Damage Rescue Anti-dandruff Shampoo reduces breakage to rescue hair from damage, dullness and scalp dryness, leaving hair looking beautiful and up to 100% flake-free**. RRP \$12.49, 350ml. For stockists, phone 1800 028 280. Available at all major supermarkets, pharmacies and grocery stores.

[www.facebook.com/
headandshouldersANZ](http://www.facebook.com/headandshouldersANZ)

* Vs. non-conditioning shampoo

** Visible flakes only, with regular use.



NW
*Needs,
Wants,
Buys!*

Check out this week's
best new products!

SALON SMOOTH

For salon-perfect smoothness at home, Veet Spawax is your new professional quality wax warming kit that melts the wax and maintains it at the ideal temperature. Available at all leading supermarkets and pharmacies. Veet Spawax Stripless Wax Warming Kit, RRP \$59.99. Veet Spawax Stripless Wax refills, RRP \$14.99.

Visit veet.com.au



INSTAglam



YOUR Summer skin WISH LIST

These new face fixers
will give you the looks you're
lusting after this season



I wish for...

Tanned skin



Summer is all about a glow, but your face often ends up lighter than your body – and so it should! Say hello to this revolutionary tanning oil, which develops colour while nourishing your skin. Build colour with this lightweight tinted face-tanning cream for instant radiance.

1 Ella Baché Great Face Tan Without Sun \$38 1800 789 234
2 St. Tropez Self Tan Luxe Facial Oil \$39.99 1800 358 999



Doutzen Kroes

I wish for... Younger skin ✓

With every year that rolls around, we lose a little skin-plumping collagen and gain a few fine lines. Prevent and treat at the same time with super-concentrated serums to hydrate, plump and add volume back into your skin for a younger-looking face. Apply after cleansing, but before moisturising.



1 Nip + Fab Dragon's Blood Fix Plumping Serum **\$44.99**
nipandfab.com.au

2 L'Oréal Paris Revitalift Filler [HA] Revolumising Serum **\$49.95**
1300 659 359

3 Estée Lauder New Dimension Shape + Fill Expert Serum, 50ml **\$195**
esteeleauder.com.au

4 Paula's Choice Resist C15 Super Booster **\$55**
paulaschoice.com.au



Kate Bosworth

I wish for... Clean & smooth skin ✓

The quickest path to flawless skin is exfoliating. Cleanse first – we love micellar water in summer for a light, fresh way to remove make-up, dirt and oil – then use a retextrurising treatment to remove dead skin, encourage cell renewal, and clear up problem skin.

1 Olay Regenerist Miracle Boost Youth Pre-Essence **\$39.99**, 1800 028 280 2 Garnier Skin Naturals Micellar Cleansing Water **\$7.95** 1300 659 259 3 Paula's Choice Resist Weekly Retexturizing Foaming Treatment 4% BHA **\$45** paulaschoice.com.au



I wish for... Fresh, bright skin ✓

Fight fatigued skin with nourishing night creams to energise and brighten. Add an oil to your routine that specifically targets dull, tired skin and use a brightening primer under make-up.

1 Nutrimetics Energise Night Rescue Crème **\$49** 1800 655 704 2 Touch In Sol Toc Toc Toning Capsule Base **\$39.95** 1300 884 411 3 Bliss Triple Oxygen Ex-'glow'-sion! Vitabead-Infused Moisture Cream **\$64** 1300 884 411 4 Kiehl's Daily Reviving Concentrate **\$61** kiehls.com.au 5 Garnier Skin Naturals Miracle Sleeping Cream **\$19.95** 1300 659 259

BODYblitz

10 ways to trim your tum

BY 10CM!

Try these healthy tips to help you get abs like Hils

Looking to get your tummy into killer shape in time for the holidays? It's possible! Just ask Hilary Duff, who turned heads when she stepped out with killer abs on her Hawaiian vacay!

But Hils, who's mum to three-year-old Luca, readily admits her fine physique doesn't come easy!

"I always feel like I'm in the five to 10 pound [2-4.5kg] struggle," Hilary, 28, says. "Some weeks I'm like, 'Man, my clothes are fitting so good,' and then some weeks, I'm, like, 'I need to cut back.'"

If you're in the same boat, here are some tried and tested methods for melting away that muffin top for summer!



1 Eat 5:2

* Some fad food plans may be bonkers, but a growing number of experts argue that there's something to the 5:2 diet – and it may even target stomach fat! This plan involves cutting down to 500 calories (for women) – just over 2000KJ – for two days a week and eating normally for the rest!

2 Chill out

* Stress not only makes you more likely to reach for the chocolate bikkies, but it can also be a factor in storing fat around your waist! Eek!

When your body's in panic mode it releases the hormones cortisol and adrenalin, which pump sugar into your system to help you cope.

But if you're not moving, this goes straight to where it's least welcome!

So try meditation, improving your time management and exercise to help calm your farm.

THEN



3 Low-GI

* High-GI carbs such as mashed potato, white bread and white rice can trigger the release of loads of insulin – responsible for many a muffin top!

But fortunately there's no need to cut out all those yummy carbs in order to slim down!

Instead, choose low-GI carbs such as wholegrain pasta, oats and sweet potato, as they take longer for your body to break down and you're not overloaded with insulin.





NOW

4 Walk 10,000 steps

* If you want to get abs like Hilary's, her trainer Harley Pasternak says step up!

"People who are more active throughout the day are actually leaner, healthier, fitter, and live longer than those who are sedentary throughout the day and then just do an hour's spin class three or four days a week," he says.

So get walking!



5 Halt the salt

* If you're planning to dress – or undress – to impress this weekend, it's a good idea to skip salty foods. Salt causes water retention – aka bloating – so say goodbye to salt-and-vinegar chips and try not to add salt to meals.



6 Zzzzzz please

* "Research shows lack of sleep leads to eating more, craving more sugar, and doing less physical activity," says Harley. As if we needed another excuse to sleep in!

7 Fit in fitness

* For defined abs like Hilary's, you obviously need to work out! There are so many pluses – exercise boosts your mood and your metabolism, and it's a great way to socialise! Harley suggests

sweating it out five days a week for at least 25 minutes each session.



8 Snack right!

* Rather than reaching for a cheeky biscuit – or two – as 3pm hits, snack on healthy monounsaturated fats like those found in a tablespoon of natural peanut butter. Studies suggest these good fats help stop weight gathering around your tummy!

9 Portion distortion

* When you eat out a lot, massive serves at pubs and some restaurants can soon become the norm! But that's also a fast track to flab, so keep your portion sizes small by eating from smaller plates and resisting the urge to go back for seconds!

10 Fill up on the good stuff

* When you're starving, it's harder to turn down treats – can we get a "Hells yeah"?

"Make sure you eat breakfast before you leave the house to reduce your cravings for baked goods," Harley advises.

The same goes for parties – fill up with a meal of protein, good carbs and veggies so you're not tempted to slam the samosas!





HAPPY BIRTHDAY

MON Miley Cyrus, 23. Kelly Brook, 36.
Snooki, 28 **TUES** Sarah Hyland, 25.
Billy Connolly, 73. Katherine Heigl, 37
WED Christina Applegate, 44.
THURS Rita Ora, 25. Tina Tuner, 76
FRI Professor Green, 32.
Robin Givens, 41 **SAT** Jon Stewart,
53. Ryan Kwanten, 39
SUN The Game, 36.
Kim Delaney, 54

YOUR Stars

The week ahead with Adele Lang

Sagittarius NOV 23 – DEC 21

Those of you craving romance should avoid being too pushy because planetary patterns signal much better outcomes for Archers who can play it cool. Taking a more nonchalant approach should soon have suitors willing to do almost anything to gain your approval.

Capricorn DEC 22 – JAN 20

Astro-trends predict a dull period, but that's no reason to sit around and do nothing. Use any lack of activity this week to make exciting plans for the future. You'll only have a limited amount of time to dream, plot and scheme before things become ridiculously manic again.

Aquarius JAN 21 – FEB 19

Long-term friends might prove more helpful than romantic partners this week. Advice from good friends could even make you question affairs of the heart. Obviously, you might not like what you hear at first, but if you trust your gut instinct you'll know what steps to take.

Pisces FEB 20 – MAR 20

Much as Mercury might be improving your social kudos, don't think you're indispensable. Family and friends want you to join in their various celebrations, but they won't put up with any prima donna behaviour. In other words, try to embrace any event you attend wholeheartedly.

Aries MAR 21 – APRIL 19

All the planets are moving forward this week, so expect things to change quickly. However, that doesn't mean you should be rushed into making quick decisions. Domestic issues need more careful thought and ideas flying about at work shouldn't automatically be put into action.

Taurus APRIL 21 – MAY 21

This week you'll need to show lots of willpower in order to avoid temptation. Diets might unravel and romantic relationships could collapse. Overindulgent family members and reprobate mates won't help, so thank your lucky stars that you're more stubborn than most!

Gemini MAY 22 – JUNE 21

The Moon moves into your sign midweek and that should lighten your mood. You've been dealt a few blows recently so it's been hard to do anything but mope, but good news at work will cheer you up. A formerly problematic blood-tie will give you a reason to smile.

Cancer JUNE 22 – JULY 23

Love planet Saturn seems set to ensure romance blossoms. But be warned – business transactions and financial affairs might cause untimely and frustrating distractions. See any deals or contracts through first, then at least you can rest easy when focusing on what you desire.

Leo JULY 24 – AUG 23

While solar activity should make you a very popular guest at any gathering, don't feel pressured into turning up to every one. Certain events aren't really your bag so stick to attending parties thrown by people you love the best or that you've known the longest.

Virgo AUG 24 – SEPT 23

A friend with ongoing romantic issues should be handled with kid gloves. Although his or her dramas are testing your patience, any stern lectures could lead to a permanent falling out. Unless this is what you're secretly hankering for, then try to be kind rather than cruel.

Libra SEPT 24 – OCT 23

Jupiter's travels suggest you'll be more than willing to do other people's bidding over the next seven days. That said, you need to avoid being taken for granted. Some people want to take advantage of your present eagerness to please. At work it might be wise to say no.

Scorpio OCT 24 – NOV 22

It's unlikely you'll take kindly to anyone who tries to cramp your style in the near future. In fact, you'll run a mile from any loved one who tries to keep you on a short leash. Rather than abandon a friend or a lover, explain your misgivings. Compromises can be made.

Your weekly LOVE planner

	Aries	Taurus	Gemini	Cancer	Leo	Virgo	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces
MON	✗	♡	♡♡♡	♡♡	✗	♡	♡	✗	♡♡♡	♡	♡♡♡	♡♡♡
TUES	♡	♡♡♡	✗	♡♡	♡♡♡	♡	♡♡	✗	♡	✗	♡♡♡	♡♡
WED	✗	♡♡	♡♡♡	♡	✗	♡♡♡	✗	♡♡	♡♡	♡	♡♡♡	♡♡♡
THURS	♡♡♡	✗	♡	♡♡	♡♡♡	♡♡	♡	♡♡♡	♡	♡	♡	✗
FRI	♡♡	♡	♡♡	♡♡♡	♡♡	✗	♡♡♡	♡	✗	✗	♡♡	♡♡♡
SAT	♡	♡♡	✗	♡	♡♡	♡♡♡	✗	♡♡	✗	♡♡♡	♡♡♡	♡
SUN	✗	♡♡♡	♡	✗	♡	♡♡	♡♡♡	✗	♡♡♡	♡	♡♡	✗

Romance looks set to be a scorcher

♡ Might be more fizz than sizzle

Expect more than a few warm, fuzzy feelings

✗ Hmm, maybe wear your thermals

NW

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You were totes loving David Attenborough's Adele narration!

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Who am I?

Win \$100

- I was born in Brooklyn, New York in 1966.
- At age 17, I began doing stand-up comedy.
- I had a minor recurring role on *The Cosby Show*.
- I made my film debut in *Going Overboard* in 1989 and joined the cast of *Saturday Night Live* a year later.
- My film roles include *Airheads*, *Happy Gilmore*, *The Waterboy* and *Grown Ups*.
- I've co-starred with Drew Barrymore in *The Wedding Singer*, *50 First Dates* and *Blended*.

to enter **SMS 199 55 910**
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Call cost 55c (inc GST)

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SUDOKU

Fill in the blank squares so that every row, column and 3x3 square contains all numbers from 1 to 9.

		3	5					
5	8			4	2			
	9				6			
4		5				8		
	3			1				
7	5	1	8	6	4			
	9	8	4	6	2			
2		5	9			6		
8						3		

Name that star!

Hidden in the box are some celebs' names. Use the pics to help you find their names, which are split into two and can be found in straight lines up, down, forwards, backwards or diagonally. The leftover letters reveal the name of another famous person.

**Win
\$100**



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Winners

Crozzle No. 42/15

D. Trickey

Kyneton, Vic

Solution

Canada

Who Am I? No. 42/15

L. Hainsworth

Taigum, Qld

Solution

Ryan Reynolds

Name That Star No. 42/15

J. Whelan

Pioneer Bay, Vic

Solution

Leighton Meester

Last week's Sudoku

8	1	2	7	4	9	3	5	6
9	6	7	8	5	3	2	1	4
4	3	5	2	6	1	7	9	8
1	9	4	3	7	8	5	6	2
3	5	6	4	1	2	8	7	9
2	7	8	6	9	5	1	4	3
7	2	1	9	3	4	6	8	5
5	4	3	1	8	6	9	2	7
6	8	9	5	2	7	4	3	1

Picture quiz answers

E Ariana Grande
C Rudy Rose D Miley Cyrus
B Katy Perry B Taylor Swift

PHOTO QUIZ

COSTUME DRAMA
Whose onesie?



CHOOSE FROM THESE CELEBS!
Taylor Swift, Ariana Grande, Katy Perry,
Ruby Rose, Miley Cyrus

CROZZLE

Win
\$250

Star of <i>The Martian</i> (4,5)	Pictured Ms Bingle	Antlered deer	Hugh Jackman film	Fling	Quarter, locality	Sat for a photograph Movie award	Unkempt, disorderly	
					Kitchen or lounge, eg			
Ship's load	— Hunt, TV fishing presenter	Time-telling word	Say further	— J, judge on <i>The Voice</i> Compost				
			White wood		Winning serves in tennis			
— and the City, TV series	Lenses	Murray fish		Ordinary	Indulged favourite	Commercials		
		Distant view	Type of truck				— Gibson, US actor	
Historical artefact	Promise		Claim damages		Bowlers' sessions	Angry, furious	Cunning tactic	In favour of
			Patron					Profane expression
Of a battery, expired	The heavens		Pictured Mr Worthington	Military assistant	Assessors			Rocky celestial body
		Circuit	Toiled hard			Inducement		Skinny
Sydney's state (inits)	Jessica actress Fancy		Permeates	Expensive wool	Fully recovered			Defined periods
		Plural of 'is'	'Golden' king Go wrong		Emphatic adverb	— up, accelerate	Knuckle knock	Unsatisfactory
Form Dam			Grown-up boys	Highly skilled musician				
		Plunder		— Killeen, TV presenter			Once surnamed	Eight-sided plane figure
Besmire			Nibble, gnaw	Idle chatter	Prolonged pain	Person selling a house		
	Breaks faith with					Drank slowly	Viral illness	Box
	Sir — Newton, scientist				Contaminates			Stalks
	Hub	Grandma	Pelvic joint Edge of a glass			Ben — Aussie singer	Sewer rodent	
	Movie theatre	Will Smith boxing film			Bird's covering		Street plan	
					Money charged		Minute particle	
					Increases, intensifies			

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to enter

Calls from mobiles cost extra. SMS or call with the answer, your name, address and daytime phone number. When you have solved the Crozzle, the letters in the shaded squares, reading left to right, top to bottom, reveal the name of the pictured stars' son (6).

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The BIG NW turn ON

MUSIC

SAMANTHA JADE

THE SECOND COMING

She's back – stronger and more positive than ever

With her second album nearing completion, **Samantha Jade** was dealt a heavy blow when her mum passed away last year.

"Losing her was one of the hardest things in the world. Your mum's your rock. I actually almost started from scratch," she says of the album, which was originally titled *Angel* but renamed *Nine*. "The whole vibe of the record became, weirdly enough, positive – because my mum was so unbelievably positive."

"The songs before were really hater." Well, there ain't nothing hater about her upbeat single *Shake That*, featuring **Pitbull**!

As for those rumours linking her to *The Bachelorette*'s Dave Billsborrow, Sam says, "Oh he's just... You know that thing where you can't date your friends? Whoever ends up with Dave is gonna be a lucky girl!"

"If I had a boyfriend, I don't know when I'd see them! I literally work all the time."

Hey, but you're never too busy to play

Nine out now



FILM

SELENA I'M A REAL-LIFE BRIDGET JONES!

Justin Bieber might think there's a chance he and **Selena Gomez** could reunite, but she hasn't received that memo! "I think I probably am the real-life Bridget Jones," says the unlucky-in-love *Hotel Transylvania 2* star, adding that, the odd date aside, she's not up for anything serious right now anyway. "I don't see that changing for a while." Hear that, Biebs?

Hotel Transylvania 2
in cinemas Thurs



MUSIC

Jess gets back on the horse for the ARIAs

She may have been a no-show at the Melbourne Cup thanks to confusion over footwear – awks! – but nothing's going to stop **Jessica Mauboy** performing her new single *This Ain't Love* at Oz music's night of nights. With **Sia**, **Iggy Azalea**, **5 Seconds Of Summer**, **Courtney Barnett**, **Tame Impala**, **Vance Joy**, **Jarryd James** and **Conrad Sewell** all up for ARIAs this year, and performances from **Tina Arena**, **Vance Conrad**, **The Veronicas** and – drum roll – **Ed Sheeran**, it's going to be huge! "I've never been. I've wanted to go every year," says party boy Ed, who's probably cracking tinnies on the plane as we write.

2015 ARIA Awards Thurs 7:30pm on Ten



SAM PLAYS

SNOG, MARRY, AVOID!

Who would Sam snog, marry or avoid?

REALITY STARS



TIM DORMER - SNOG
“I guess I'd have to snog him.”



DAVE - MARRY
“He's such a sweetheart and a good guy.”



GUY SEBASTIAN - AVOID
“Definitely avoid. He's my friend and his wife is my best friend.”

BUFF BACHELORS



BLAKE GARVEY - SNOG
“Yeah, I'd snog Blake!”



TIM ROBARDS - MARRY
“Marry because he's in shape and he can fix my bad neck.”



SAM WOOD - AVOID
“I can't marry or date someone called Sam, can I?”

MUSOS



HARRY STYLES - SNOG
“He's ridiculously hot.”



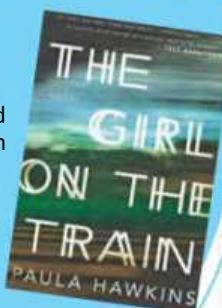
ED SHEERAN - MARRY
“He could write me songs our whole marriage!”



CODY SIMPSON - AVOID
“I just feel like he's too young for me.”

THE GIRL ON THE TRAIN IT'S HAPPENING!

It's official! **Emily Blunt**'s been spotted in New York filming the big-screen adaptation of *The Girl On The Train* – one of our fave books ever. We totally lost our shiz over the bestselling thriller about depressed, alcoholic divorcee Rachel (Emily) who develops an unhealthy obsession with seemingly perfect couple Megan (**Haley Bennett**) and Scott (**Luke Evans**). The film also stars **Justin Theroux** as Rachel's ex Tom and **Lisa Kudrow** as his former colleague Monica.



The Hot LIST

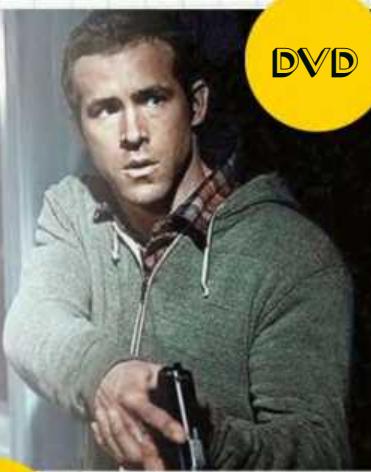


LOVE THE COOPERS

With an all-star cast featuring **Diane Keaton**, **Amanda Seyfried**, **Olivia Wilde**, **John Goodman**, **Alan Arkin**, **Marisa Tomei**, **Ed Helms** and the voice of **Steve Martin**, this feelgood holiday flick about four generations of one family gathering for Christmas Eve will have you in stitches! Cue flying turkeys, random visitors and laughs galore!

Love The Coopers in cinemas Thurs

FILM



SELF/LESS

When wealthy industrialist Damian (**Ben Kingsley**) is diagnosed with cancer, he undergoes a procedure to transfer his mind into the body of younger man (**Ryan Reynolds**). When he begins to experience memories that aren't his own, it leads him on a quest for knowledge – but not everyone's happy for the truth to get out...

Out Wednesday on DVD

DVD



MUSIC

HAILEE STEINFELD **Hailee Steinfeld**'s debut single *Love Myself* proved that the *Pitch Perfect 2* actress has no problem flipping over into pop princess territory. Well, she does have good mate **Taylor Swift** to call on for tips! And now she's dropped a whole EP! “It is me and my voice and my take on things,” she says.

Haiz is out now



HOT CHIP

Fancy a good old stomp? Electropop gods **Hot Chip** are heading Down Under in January to perform a bunch of shows around the country, including Melbourne's Sugar Mountain festival. Bring! It! On. See hotchip.co.uk for tickets and info

MUSIC

The BIG NW
turn
ON



Ariana

I'm tr

Pop's biggest drama queen refuses to hold back!

She might be teeny-tiny but **Ariana Grande** sure knows how to make a big impression wherever she goes. And we're not just talking about doughnut shops...

Indeed, as well as *Focus* – the funky first single from her upcoming album *Moonlight* – going top 10, her character Chanel #2 on *Scream Queens* is proving a huge hit!

The murdered sorority sister refuses to stay dead and buried in the schlock-horror show, which also stars **Emma Roberts** and **Lea Michele**.

But was she upset about being killed in the very first ep?

"To do my own death scene was a goal since forever," she former Nickelodeon star tells *NW*. "I am such a horror freak! That week-and-a-half in New Orleans was one of the favourite weeks of my life. It really was so much fun."

Smell of success
The star's launched a scent called ARI – natch!

We caught up with Ariana, 22, to talk about that naughty rep of hers and where she gets all that sass!

After hearing Focus, we can't wait for your album to drop – it must be tough keeping it all top secret until it's ready! Well, I tell my fans everything. I'm so open but sometimes it bites me in the ass! My label will be like, "Oh my god,

Doughnuts, the music biz, TV land... Ariana's got 'em all licked, it seems!



Yeah, trouble!

don't play them that – it's too soon!" So yeah, I get myself in trouble sometimes but I love sharing with them. It's very personal and very honest. It sounds like me but it's the next phase.

And what's it been like doing *Scream Queens*? Was it good to be back on TV?

Yeah! It was *really* fun. It was like a little tease because I don't get to act anymore. I was like, "Wow! I forgot how much I loved this." I always wanted to do something scary.

You've been touring so much this year, pretty much all over the world! Is it tough being away from friends and family?

It is, but I FaceTime my family and friends because I miss everyone at home. I'm a workaholic, but I'm content and very happy.

You're becoming well known for your eccentric behaviour. What else would surprise us about you? I like to turn the lights off in the [studio] booth and be in the dark! It's sometimes horrible because I have written-down lyrics and then I can't see what I'm reading!

Now, you're no stranger to controversy and it seems you don't care what people think.

Is this true? When you're completely unafraid, that's when everything starts to fall into place. You get scared and you want to hold back a little. But then I was like, "None of this would be happening if I wasn't my silly self!" It's all me and if you don't like it, then there you go. Why hold back in your life? Just have fun and be yourself and don't worry about the rest at all.

Well, you're definitely not afraid of stepping outside your



comfort zone – what inspired you to rock those purple-platinum locks for the *Focus* vid? It's granny chic! When I put that wig on, I was really being, like, "When I'm 70, I'm going to grow it out. I am going to let it happen. I can't wait to grey!" I was like, "Mum, when do you think I'll go grey?" She was, like, "Well, if you're anything like the rest of your family, 24!" And I was like, "Yes!"

Focus is out now



BAD GAL behaviour

Her diva antics could rival Mariah's!

1

The right profile

Woe betide any snapper who dares to take a shot from of anything but her left side! At last year's American Music Awards, red-carpet presenter Giuliana Rancic was even told to move out of the way so Ariana's good side could be captured! "She does have a little bit of a diva thing going on," Giuliana quips.

2

What a carry-on

Ariana demands to be carried off stage when she doesn't feel like walking – and she even admits it! "Post show ritual when my feet are broken," she captioned an Instagram shot. You poor little baby...



3

Hair dramaz

She's sporting the most impressive ponytail in the business, but let's just say it keeps her hairdresser pretty busy. "She was so obsessed with her hair that she had it dyed every three days – and the big ponytail is fake," an insider reveals.

4

Doughnutgate!

Earlier this year, Ariana plumbed new depths of brattiness when TMZ released video footage of the young starlet licking a tray of doughnuts on display in a store, muttering, "I hate Americans." She's since apologised, describing her behaviour as "offensive" and admitting there was "no excuse".



5

She's no angel

Pop stars usually love getting involved with the excitement on stage at the Victoria's Secret Fashion Show, but not this girl. Ari's grimace when VS Angel Elsa Hosk's wing accidentally brushed her face as she performed *Love Me Harder* sparked a million memes in 2014. Just look at that sour look!





Photo: Instagram

Good and bad times

"There will be a lot of drama," Scheana says of Season Four.



EXCLUSIVE

**Scheana Marie
'It's been a rough ride!'**

The *Vanderpump Rules* star lifts the lid on her husband Mike's addiction battles

DANNII & KYLIE BACK TOGETHER

She might not have any acts in *The X Factor* finale, but Dannii Minogue is making damn sure she's going to steal the show anyway, with the help of her big sister Kylie, 47.

Yep, it doesn't happen often – their last TV duet was in 1986 on *Young Talent Time* – but

Australia's most famous sisters are promising a huge stage show.

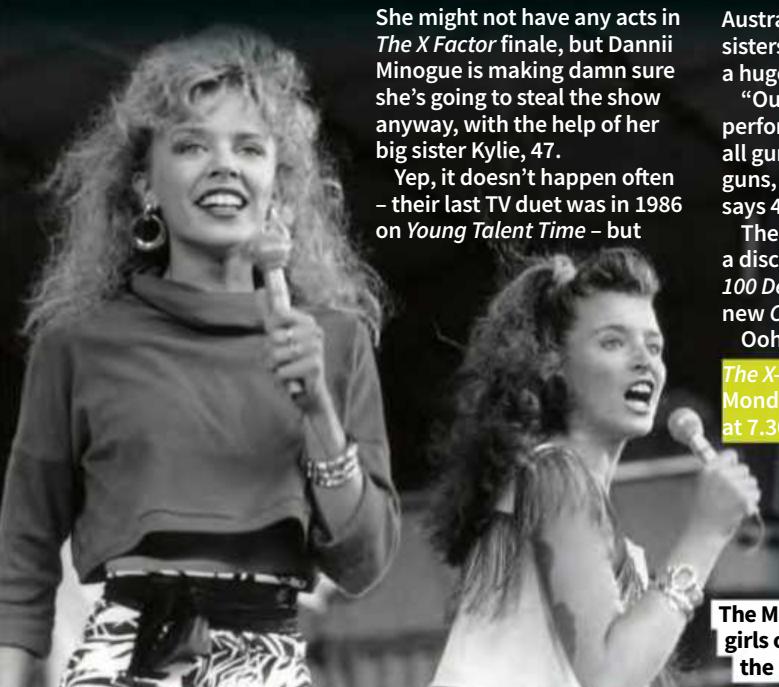
"Our *X Factor* performance is going to be all guns blazing. And by guns, I mean glitter guns!" says 44-year-old Dannii.

The duo will perform a disco-vibe duet called *100 Degrees* from Kylie's new *Christmas* album.

Ooh, we can't wait!

The X-Factor finale airs Monday and Tuesday at 7.30pm on Seven

The Minogue girls owned the '80s!



VG

What we're buzzing about this week!

This season of *Vanderpump Rules* has been a rollercoaster of emotions for Scheana Marie, who's finally opening up about hubby Mike Shay's alcohol and drug addictions.

"The truth is everything isn't great. It's not perfect," she cried to Lisa Vanderpump on the show.

But speaking exclusively to *NW*, Scheana says that while she and Mike, 28, are over the worst of it, there are still turbulent times to come in the series.

Here, she spills about his issues, those cheating rumours and what's next for the couple.

We were gutted to see you and Mike having problems after your wedding last season. Are you guys still together in real life? Yes, we're great now. It was something we went through but everything is good.

Did Lisa help sort it all out? She's like a mum figure to me, in a way, but sometimes it's too much. It's been amazing getting advice, but it's difficult

at the same time – she's a bit overbearing.

And has he beaten his demons? Yes, he's been clean for almost a year now.
That's great! There were some cheating rumours...

I have no idea where that came from. I know he never would. It's not something I need to think about, honestly. **There was talk he cheated with Brandi Glanville!** That's the most ridiculous thing I've ever heard.

Now you guys are settled, are you talking babies? We're going to wait a few years and travel and just enjoy being together. I'd love to come to Australia and go to Europe.
Would you consider going on Real Housewives? No! I think I'm too young for that show.
And should LeAnn Rimes trust Eddie Cibrian? They've been together a long time – hopefully he's changed.

Vanderpump Rules airs Tuesday 8.30pm on Arena

BRANDI snaps!



Ask an honest question, get an honest answer from *NW*'s straight-shooting agony aunt Brandi Glanville!

Hi Brandi,
You've got such a great figure and I just wish I had the self-restraint to not eat everything I see! How do you do it? Also, I feel like my work friends don't help. They're always trying to make me eat cake with them and basically say I've got a problem or make me feel guilty if I don't eat with them. What can I do? Jade, Melbourne



"People do that a lot and it's because they're insecure. I eat what I want, when I want, and if somebody asks me why I'm not eating, I'm like, 'F**k you! I'm doing my thing, you do yours.' There's always going to be peer pressure, and it takes discipline to keep fit and stay in shape. They're just jealous and they don't want to feel bad about themselves. Beware because it's an inside job and you need to stay strong."

Hi Brandi,
I've been reading all about Gwen Stefani's husband having an affair with the nanny and I'm worried the same thing might happen to me. I get home late from work sometimes and our stunning nanny and my husband are usually having a chat on the sofa while the kids are playing in the other room. I didn't want to mention anything because I don't want to look jealous and also the kids are very settled with her. What should I do? Erin, Brisbane

"First things first, do not hire a hot nanny! That should be written in stone. I know the kids come first, but you 100 per cent need to sack the nanny – the kids will bounce back. If you want your marriage intact, keep temptation out of your house. Your husband doesn't need to know why you did it – while he's at work, just tell her to leave and not come back. Guys will f**k a log if it smiles at them. They don't need any temptation. Get yourself a nice, gay manny."

Ask Brandi anything... Yes, ANYTHING!
email:
askbrandi@bauermedia.com.au



ROHBH Kyle tells all 'Yolanda's been accused of faking her illness!'

"You have some balls, you tell me who said it!" Yolanda Foster screams at her co-stars in the trailer for the new season of *The Real Housewives Of Beverly Hills*. And while it's so far unclear exactly what had upset her, Kyle Richards has revealed that some of the cast believe Yolanda, 51, might have been exaggerating her 2012 Lyme disease diagnosis.

"A lot of the things she's gone through and the treatments she's done, for some of the cast members they were questioning exactly what she was doing and exactly how sick she was," says Kyle, 46. "Some things came up that made some of the Housewives question exactly what was really going on."

How could they?! Poor Yolanda!



Snezana Drops 5kg in 28 days

And it's thanks to her Bachie man Sam's fitness plan!

Looking at these snaps of Snezana Markoski's bangin' bikini body, it's no surprise Bachelor Sam Wood is so head-over-heels in love!

But while we've been in awe of Snez's stunning figure from the moment she first hit our screens on *The Bachelor*, we can't help but notice how much more smokin' she's looking lately – and it's all thanks to her new man.

"She's been doing my 28-day program," personal trainer Sam tells NW.

"Yep, he's been training me," Snez confirms.

While the mum-of-one comes across as super confident, Sam says Snez was a shaking mess the first time she hit his Melbourne gym The Woodshed.

"She's very hard on herself," he reveals. "She was saying, 'I'm so unfit, I don't want to see you, you'll be so fit.' I was like, 'Don't be ridiculous.' She was great."

"We just did a functional-based circuit with ropes, sleds, stairs and bike. It was high-intensity. She was pretty impressive actually. She's tough, she does boxing and circuits and stuff back home."

And Snez, 35, is stoked with the results, showing them off on Instagram.

"Loving the Perth beach weather, so glad I've been doing Sam's 28 program. Loving it!" she captioned a shot of herself rocking a monochrome bikini.

So how does the plan work? Sam believes that the trick to achieving great results is setting realistic targets.

"I've just finished working with a young mum who lost six kilos in 28 days. She needed clarity, motivation and support, so we worked with her to get things in balance," he says.

"It's a good timeframe to aim for, because if you set yourself a six-week or 12-week target, it's a long way to look ahead."

Here, Sam shares his expert tips on how to get a body like Snez's...

Set realistic goals

Start a new fitness regimen with specific goals in mind, then devise mini-plans for each.

"Working in four-week blocks works well, and I usually find people can achieve good results without looking so far down the track that they lose sight and become disenchanted and disheartened by it," he says.

"That plan needs to be in alignment with a timeframe and realistic goals."

AFTER

BEFORE

Hotness galore

Dayum, girl! No wonder Sam calls Snez his "very own Bond girl"!

Sam's 3-minute Ab blast!

The Bach swear by these four key exercises for working his washboard

Hard work pays off

Sizzling Snez puts on a gun show on their recent trip to Bali.

Eat carbs!

Sam – who's partnered with Helga's for their Carbdowm To Summer campaign – believes "you can't beat a great sandwich" and has created a healthy meal plan that includes heaps of bread. Gasp!

"We bundle all carbs into the one bracket and it's a really bad thing to do – there are good carbs and bad carbs," he says.

"You should stay away from highly processed carbs and refined sugars, but don't let that lead you to the misconception that all carbs are bad."

Be prepared

Sam reckons you'll train harder if you look the part.

"Treat yourself to some new runners or new training gear," he advises.

He also recommends getting a good playlist sorted, revealing, "I love listening to Daft Punk. It

gets in your head really well and you can slot into a rhythm. It's really motivating."

Don't try to be Alessandra Ambrosio

"We preach progress, not perfection," he stresses. "We don't want people to aim for a body type that is unrealistic – we just want people to be happier and healthier."

Besides, baby steps still lead to results if "you're eating right and you're consistent with the training", he adds.

Do it daily

Sam says every bit of exercise counts, so even aiming for 30 minutes a day is a good start. And "break up your fitness routine with short bursts" to keep it challenging. →



Sam's plan has Snez cheering

SIT-UPS

Do them with your arms above your head or across your chest and feel the burn!



LEG LOWERS

Keep your back flat on the ground and keep your legs straight as you lift them both in the air, then lower.



TWIST YOUR BODY

While gripping a weight or using a hand cable, rotate your torso.



Want more?

Sam's app 28 x 28 – available Feb – gets results in 28 days via 28-minute workouts.

STABILISE

Hold a plank for 45 seconds. If you want to make it harder, rest your elbows on a Swiss ball.



Bachie Sam's

Meal plan

IT'S TIME TO GET BACK TO BASICS!

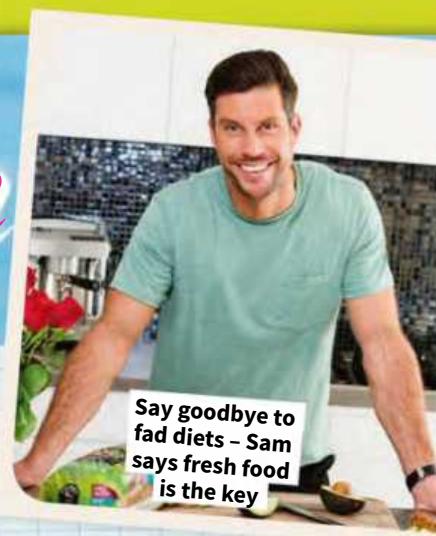


Believe it or not, cutting out carbs isn't the key to weight loss. Sam says it's all about making "good choices 90 percent of the time".

"You just need a simple plan that's sustainable, wholefood-based, as unprocessed as possible and easy to

prepare. Get organised and don't leave things to the last minute," advises Sam, who's come up with a 30-day meal plan for Helga's Carbsdown To Summer campaign (helgascarbsdown.com).

Here's a seven-day sample menu to get you started...



Say goodbye to fad diets – Sam says fresh food is the key

Day 1

Breakfast

Poached egg on 2 slices of Helga's Lower Carb bread with a ¼ avocado and low-fat feta cheese.



Day 2

Berry-licious Smoothie: Blend ½ cup of raw oats, ¼ cup of natural yoghurt and ½ cup of fresh or frozen berries. Add a dash of skim milk to loosen the consistency as required.

Day 3

Healthy, Yummy Breakfast Smoothie. Blend 1 cup of low-fat milk, ½ cup of frozen berries, half a banana, a teaspoon of honey and 1 tablespoon of oats. Add a dash of skim milk to loosen the consistency as required.

Day 4

Green Smoothie. Blend 1 cup of kale, 1 green apple, a handful of spinach, 200ml of cucumber and pomegranate juice and a sprig of mint.



Day 5

2 slices of Helga's Lower Carb bread with fresh sliced tomato, cracked pepper, lemon juice and a drizzle of olive oil. Serve with a green tea.

Day 6

1 cup of fresh fruit salad, a black coffee and 1 pot of low-fat natural yoghurt with ½ cup muesli.



Day 7

Better Than Baked Beans. Visit helgascarbsdown.com for the recipe.

Lunch

Stacked chicken sandwich on Lower Carb Wholemeal & Seed bread. Visit helgascarbsdown.com for recipe.



1 cup of soup (avoid cream-based varieties) served with 2 slices of Helga's Lower Carb bread.



2 slices of Helga's Lower Carb bread served with low-fat cottage cheese and fresh tomato.



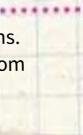
1 cup of low-fat natural yoghurt with ½ cup of berries.



Helga's Lower Carb Wholemeal wrap with lean leg ham and a cup of salad ingredients.



Stacked Chicken Sandwich on Lower Carb Wholemeal & Seed bread.



Snacks

- 20 almonds
- 1 apple



- 1 hard-boiled egg
- 1 latte



- 1 banana



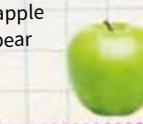
- 1 cup of air-popped popcorn
- Green tea



- ½ cup strawberries and a spoonful of low-fat cream cheese



- 1 hard-boiled egg
- 1 apple or pear



- 3 slices of fresh leg ham and rockmelon

Pizza. Lower Carb Wholemeal wrap topped with tomato paste, lamb strips, low-fat tzatziki and feta.

Dinner

1 grilled salmon fillet with lemon juice and paprika with ½ cup of cooked quinoa and a cup of mixed green vegetables.

200g lean eye fillet with ½ cup of cooked quinoa and a cup of steamed vegetables.

Beef Burger with Confetti Slaw. See helgascarbsdown.com for recipe.



Chicken parmigiana. Visit helgascarbsdown.com for recipe.



SAM'S FAVE!

SPECIAL GUESTS THE McCCLYMONTS



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Yep, we see you!

STAR SPY

'I was pining for a better date tonight...'

OUT ON A LIMB

Should Amy Schumer add tree-hugger to her CV? Not just yet. It's not like Amy to be shy, so we suspect the funny-girl's sudden need to play peekaboo behind a tree at *Glamour's Women Of The Year Awards* in New York is because she's spotted her Twitter frenemy KoKo!

'Is it just me, or is the atmosphere electric?'

GOTTA SHAKE IT OFF

Lauren Pope is washing *The Only Way Is Essex* right out of her, er, hair extensions! The reality star is leaving after 16 seasons to focus on other things - like launching her clip-in extensions range called Hair Rehab London. She's spruiking them at London's Sanctum Soho Hotel.





WAIT!
there's
MORE!

Style sisters

The gals are becoming quite the fashion queens.



GIRLS ON TOP

They may be at loggerheads in their personal lives, but Kendall and Kylie Jenner are hitting all the right notes when it comes to fashion.

Yep, the superstar sisters continued their bid for world domination last week, unveiling their latest vacay-inspired collaboration with high-street clothing label Topshop.

"This collection reflects our favourite holiday fashion. We made sure to include a unique selection of pieces, from glamorous to edgy," the girls say, adding that the 15-piece collection – which is available online now and in Topshop stores December 4 – mixes the perfect party with easy-breezy LA street style.

Seriously, is there anything these two can't do?!



The WEEK in NUMBER 5



8

The years Olivia Palermo and her now-hubby Johannes Huebl have been together. Congrats, guys!



\$50,000

Victoria Beckham's yearly tanning bill, according to insiders.

12



50

Katy Perry's cut-off age for potential dates.



The times Kris Jenner calls her kids every day. Needy much, Mum?



2

The years One Direction's split will really last for – despite the boys saying their hiatus would only be 12 months. Hmm, will it be three years next week, guys?

Harry's HAIRY SITUATION



#1



THE ZAYN MALIK BUZZ CUT

#2



PUNK-ROCK MOHAWK

#3



THE SIMON COWELL

Say it ain't so – Harry Styles is cutting his famous locks off!

The One Direction singer revealed his plans at the Royal Variety Performance in London after Prince Harry asked him when he last had a haircut! While the singer added he didn't think he'd get the chop any time soon, when he does it'll be for charity. So what new style should Hazza rock next? Here are a few ideas...



UNWRAPPED The Goop Xmas gift guide

Oh how the other half live! Gwyneth Paltrow's lifestyle site Goop published its annual holiday gift suggestions last week, and – surprise, surprise! – they're full of outrageously expensive ideas.

"This gift guide isn't just about crazy extravagances. There's a little ridiculous for every budget," Gwyn says of the aptly named Ridiculous (But Awesome) Gift Guide.

18CT GOLD DUMBBELLS

These made-to-order Hock Design Goldloft weights leave Gwyn "speechless".

\$59

CONDOM DISPENSER

Forget your wallet or bedside drawer, Goop suggests keeping your stash in this stainless steel dispenser. Get ready to do plenty of unwrapping this Christmas!

\$174K

\$126K

WORLD VIEW EXPLORATION AT THE EDGE OF SPACE

The two-part gift includes an invitation to a World View test flight. Then in 2017, you will enjoy views of Earth from a balloon 30,000 metres in the sky!

\$1330

ITALIAN TRUFFLES

Imported all the way from Italy, these smelly suckers come in two sizes – the biggest is 450g.



\$3770

POSH LOO PAPER

For the "friend who truly has it all" Gwyneth suggests this nine-month supply of "gold-standard" toilet paper! The individual quilted sheets come in a fancy box with bonus Swiss glacier water moisturiser and spray for superior cleaning.. Wipe out!

MIMI: WARRIOR PRINCESS

Who knew Mariah Carey was a massive video-game nerd? The singer puts her biggest, er, weapons front and centre to lead an army into battle to promote the upcoming *Game Of War* series.

"Who's got your back? Gather your friends (and maybe your enemies), you're gonna need them!" she captioned this Instagram pic.

Meanwhile, in the game's commercial, two wounded soldier's use a smartphone that plays Mimi's hit *Hero* to summon her to help them fight. Hilarie!



HOWDY Y'ALL

Forget sexy – Justin Timberlake's bringing plaid shirts and denim back! According to reports, the Memphis-born singer is recording a country album. "He's enlisted the help of a few top country singers", reveals a close pal. "It's something he's always wanted to do." Well he did say in 2013 that he wants to win a Best Country Album Grammy!



WAIT!
there's
MORE!

THE NIGHT IS FOR *hunting*

Can someone let Chris Hemsworth know he can hunt us anytime he wants?

We're swooning hard over the raw ruggedness the Aussie hunk is giving off in the poster for his new movie

The Huntsman: Winter's War.

A prequel to his 2012 flick *Snow White & The Huntsman*, the Aussie actor returns as the sexy wood chopper, along with Charlize

Theron as the Evil Queen and new cast members Jessica Chastain and Emily Blunt.

"He's such a nice guy I just wish he was better looking because I don't know how he's going to overcome that," Jess joked about working with her handsome leading man.

We'll have to wait until April 2016 to see if this fairytale gets its happy ending.

Lady Gaga DOMESTIC GODDESS



Gaga's night in with her man last week looked dreamy!

She hasn't walked down the aisle with fiancé Taylor Kinney just yet, but that's not stopping Lady Gaga from acting all wifed up.

The lovebirds spent last weekend playing house together and it seems the *American Horror Story: Hotel* star knows the best way to a man's heart is his through his stomach.

"Made fresh homemade raviolis this weekend with butternut squash and basil pesto from the garden," Gaga captioned one Instagram pic showing off her culinary skills.

What happened to the party Gaga we once knew?!



Photos: Instagram

RUMOUR has it!



Chrissy's bumpin' along

Oh hey Chrissy Teigen, has anyone told you pregnancy totally suits you?

The *FABLife* TV host – who's expecting her first bub with hubby John Legend – was absolutely glowing while updating fans on her growing belly last week.

And the mum-to-be loves her new baby bod. "Hello new thighs! You appeared out of nowhere but I am not mad at it!" she captioned an Insta pic of her posing awkwardly on some chairs.

Well a girl's gotta keep her feet up!

With her precious cargo set to arrive next year, we can't wait to see plenty more mummy pics. #proudgodparents

Benedict Cumberbatch wants to work with Gwyneth Paltrow

FALSE

Gwyn's fixation on working with Benedict has angered his wife Sophie Hunter. She's told Gwyn to "back off", insiders say.



Cate's hobo chic

Okay Cate Blanchett we get it – you're a serious actor with a capital A! The Oscar winner is totally unrecognisable as a homeless man while filming a new art project *Manifesto* in Germany.

Directed by German artist Julian Rosefeldt, Cate plays 13 different characters in the art film, including a school teacher, a taxi driver and newsreader.

Is it just us, or does she look eerily like British actor Tom Hardy?



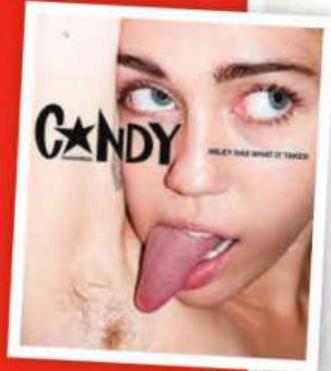
SHE'S STILL BEING MILEY

Sorry Miley Cyrus, but this game's gotten real old.

The singer flashes her flesh – what a shocker... not! – in an explicit cover shoot for the latest issue of *Candy* magazine.

Photographed by Terry Richardson – enough said right there – the spread features Miley licking her sweaty pits, sucking on sex toys and posing full frontal with a kitten hiding her face.

Hannah Montana feels like a long time ago...



Photos: Candy Magazine/Terry Richardson

Rob Kardashian is attempting a music career

TRUE

A source reveals the "tenor-voiced" reality recluse has been secretly recording with guys like French Montana and Sway Calloway.



WAIT!
there's
MORE!



There's no doubt Ivanka Trump's girl Arabella is the fairest of them all.

SNOW WHITE



ELSA & ANNA

BELLE

Jessica Alba's daughter Honor gives Belle from *Beauty And The Beast* a modern-day makeover with her butterfly face paint.



RAPUNZEL

Beyoncé and Jay Z's daughter Blue Ivy knows how to let her hair down.

Princess Posse

Sorry, Taylor – there's a new squad in town that we totally want in on! Hollywood's cutest little A-listers just can't get enough of their fave Disney princesses. Overdose on adorbsness as we match the celeb tots with their cartoon counterparts...

The Rollercoaster Of Love

LOVE KEY



IN LOVE



NEEDS WORK



IT'S OFF

KYLIE & JOSHUA
Kylie Minogue's smitten with her beau Joshua Sasse – despite their 20-year age gap. "Even though on paper it might not look right, it just is right. He is an absolutely brilliant, brilliant guy," she told *The Project*.



LANA & FRANCESCO

Lana Del Rey is having her own *Summertime Sadness* after she split from boyfriend Francesco Carrozzini. "She's wanted to settle down... He's just not there yet," spills a source.



MEGAN & BRIAN

Could Megan Fox and Brian Austin Green be giving their marriage another shot? The estranged couple – who split in June – were spied looking cosy in Hollywood.



They said what?!

THE
VAGINA
MONOLOGUES
EDITION

PERRY CHRISTMAS

Katy Perry's got us making a list, checking it twice and heading straight into H&M for a festive fashion spree!

The singer's the face of the retailer's Christmas campaign, posing alongside giant candy canes, ornaments and toy soldiers while wearing pieces from the latest collection. And we want it all!

But KatyCats have even more reason to be excited. The campaign features her new single *Every Day Is A Holiday*, which is out this week.

It's about time we had some new music, girl!



We hope you've got a licence for those guns Brooklyn!



Bump it like Beckham

Is it just us, or did Brooklyn Beckham become the spitting image of his manly old man David overnight? Taking to Instagram last week to give fans a peek inside his gym routine, the model and aspiring soccer player proves natural athleticism and gorgeous good looks run in his famous fam.

"Working out," the Brit teen captioned this sweaty pic of himself pumping iron.

REMEMBER WHEN...



...Delta Goodrem was the captain of the ship? Before she spread her *Wings* as a judge on *The Voice*, it seems the singer - who's currently performing in the musical *Cats* - had dreams of being a navy officer. Well, at least according to this cute throwback pic she dug out of the family album.

Photo: Instagram

"I was searching the size of [vaginas] and how much they expand."

We bet that's not the only X-rated thing you'll find in Rihanna's internet history!



"Vaginas are magical things."

After giving birth to her son Silas, Jessica Biel is amazed by the powers of her privates.



Last LOL



NOVEMBER 3

PARTY OF TWO

Taking his fave plus-one to Kendall Jenner's birthday bash in LA earlier this month.

BIEBER'S A HAND FULL

Since his X-rated vacay on October 8, Justin can't keep his mitts off his hot dawg!



NOVEMBER 10

SELF-LOVE

The singer isn't sorry after getting caught copin' a feel while out in L.A.



OCTOBER 20

ANTS IN HIS PANTS

Biebs is just itching to get on his flight at LAX.



OCTOBER 23

ROOM TO MOVE

A quick readjustment while performing in London.



NOVEMBER 8

BALLSY SHOW

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Voting is now open for the 58th TV WEEK Logie Awards 2016! Head to www.tvweeklogieawards.com.au before Sunday, January 17, 2016 to have your say. Not only will you be supporting the best of Australian TV, but you'll also go in the draw to win the ultimate VIP prize, including two tickets to join all your favourite stars at the TV WEEK Logie Awards, flights, accommodation and more! You can only vote once, but check out TV WEEK magazine during the voting period for the code word to receive bonus entries into the prize draw when you vote.



Voting closes

January 17, 2016

To vote, visit www.tvweeklogieawards.com.au

VOTING AND COMPETITION CLOSES AT 11:59PM AEDST ON JANUARY 17, 2016

VOTING AND COMPETITION CLOSES AT 11:59PM AEDST ON JANUARY 17, 2016.
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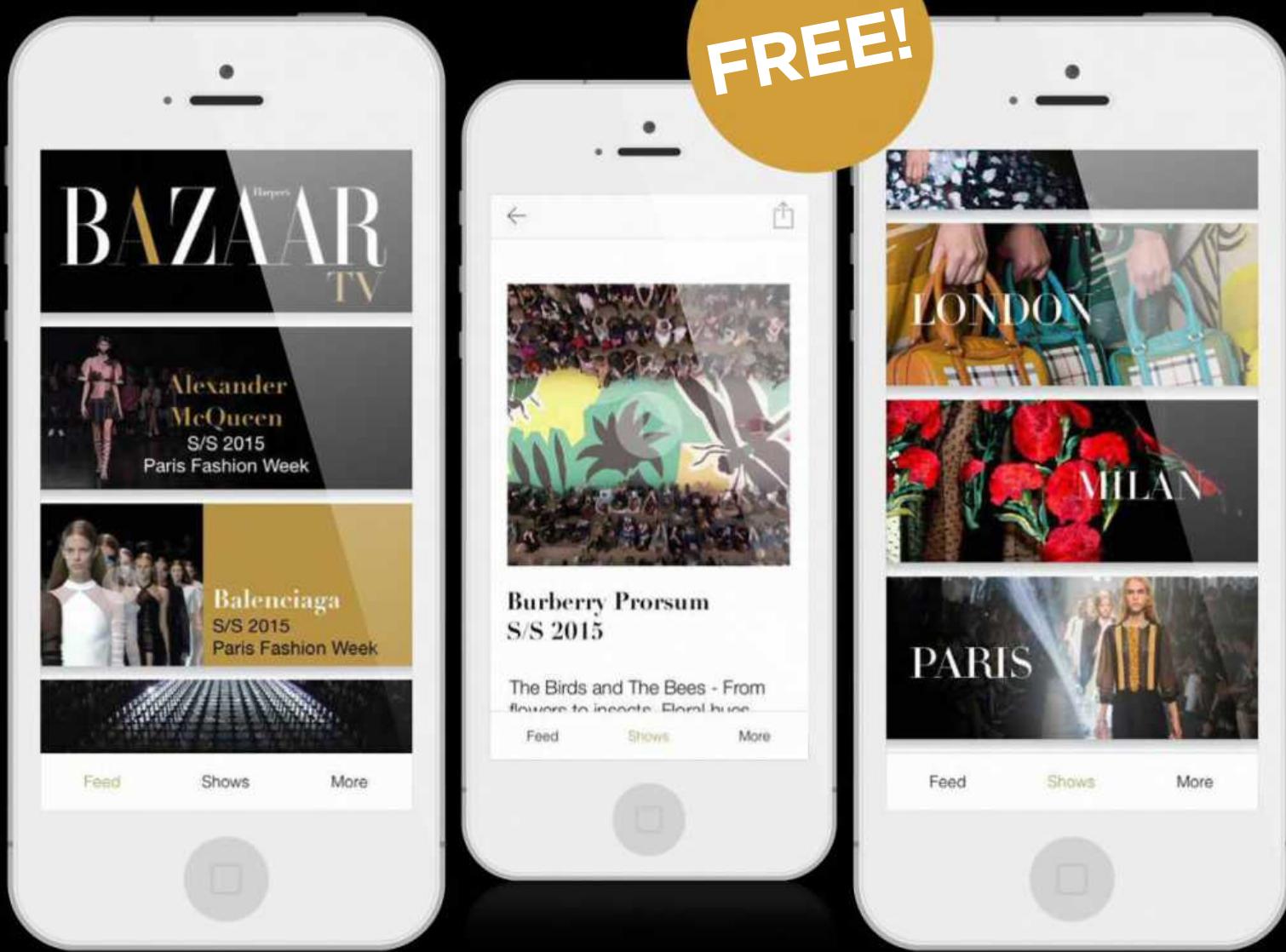


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